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A Special Report by Star Metro Media

**metro** 

# **NEW HOMES**

## **Calgary and area**

ISTOCK



# A winning recipe for community success

GENSTAR

## Building prime developments that stand the test of time

Kathy McCormick

Genstar Development Company knows how to build on success. For more than six decades, it has been one of Calgary's greatest assets, building communities that have not only stood the test of time, but have been recognized as great places to live.

Innovation is one of the keys to the developer's success, and has led to the company expanding across Canada and into the U.S.

Genstar built the city's first golf course community (under Keith Construction, which was later bought by Genstar) and its first lake community. Willow Park and Lake Bonavista, both built in the 1960s, are still prime neighbourhoods today.

That early success continued with many other communities, including Lake Chaparral, Panorama Hills and Evergreen — and today, the developer has active master-planned communities ongoing, with land holdings for more to come.

"It's all about location," says Marcello Chiacchia, vice-president, Calgary communities for Genstar. "Historically, we've always done a good quality job on our communities and over the years, we've been fortunate to have loyal, good investors for this risky, high-capital business. We've also partnered with great



Savanna is one of Calgary's fastest-growing new communities. CONTRIBUTED

consultants, contractors and builders, and we have a good relationship with the city."

Those are the ingredients to success, but it's the mixing of them all that creates a winning recipe.

"We're innovative," says Kelly Schmalz, development manager for Genstar.

From the first man-made lake community in Canada to today's Walden neighbourhood in the southeast quadrant, the neighbourhoods offer something different for the consumer — but the quality and master planning is consistent.

### Walden

"Walden was one of the first subdivisions where we saw a trend of what people were building in the inner city — and we noticed that although people clearly liked it, it wasn't available to any degree outside the core," Schmalz says.

"Walden has architectural controls that allow the buildings to be very modern — and clearly people want that."

Additionally, the open space has been designed with an emphasis on sustainability.

Walden was started in 2007 and is approximately five years from completion. All the multi-

family developments in the area are now either built or under construction and builders are Homes by Avi and Cardel Lifestyles.

Single-family homes with attached, double garages have show homes by Cardel, Homes by Avi and Cedarglen, while starter homes without garages and duplex show homes are offered by Excel Homes.

Access the show homes by going south on Macleod Trail to 210 Ave. S.E. Turn east and follow the signs.

Walden is 410.9 acres in total and by completion will have 2,626 single-family homes and

1,427 multi-family homes.

Construction is also slated to start on four ponds on the remaining land, which will also include two kilometres of pathway and a park with a play structure.

### Carrington

Located west of Centre Street and north of Stoney Trail in what has been called "the new north," Carrington consists of 90 acres, which will be built in three phases. The last phase will be built in partnership with Brookfield Residential, which is building Livingston directly east of Carrington.

The first phase recently opened with Homes by Avi, Jayman BUILT and Excel Homes providing duplex and single-family homes and Arcuri doing semi-estate lots along the future water feature.

The area is slated to become a major activity centre with future light rail transit, a school and possibly a hospital, as well as services and amenities.

### Savanna

Located in the already established Saddle Ridge community in northeast Calgary, Savanna is 320 acres with services already in place. It has already established itself as one of the city's fastest-growing new communities.

Show homes are by Arcuri, Cardel, Excel, Homes by Avi, and Edmonton-based Rohit Communities.

By completion, the area is expected to have a population of 5,500.

### Evansview

Located in the north central part of the city, this estate phase of the popular community of Evanston has homes by Arcuri.

### Shawnee Slopes

While Cardel Homes is building and developing the site of the former Shawnee golf course, Genstar is involved in the management of that new neighbourhood, which has 17 lots in the first phase,

### Other land holdings

The future looks bright for Genstar with Rangeview south of Seton in the southeast quadrant now in the planning phase at the city.



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The community of West Grove features wide expanses of green space and interconnected pathways. CONTRIBUTED

# Luxury offerings on the west side

## THE RISE AT WEST GROVE

### Bridging the gap between townhomes and upscale homes

**Karen Durrie**

Home buyers are excited about new semi-estate luxury offerings on Calgary's west side — a harder market to break into, with less rampant construction than is seen in other quarters of the city.

The Rise at West Grove opened new showhomes in April, launching phase IV of the West

Grove Estates development by Bri-Mor. Cedarglen and Albi Luxury by Brookfield Residential have homes on the parade featuring spacious, family-friendly designs that afford some nice mountain views to the west.

"We're bridging the gap between townhouses and million-dollar houses on the west side, starting in the \$700K price point, with plans 2,000 to 2,500 sq. ft.," says Dennis Mullen, sales manager for Cedarglen at West Grove Estates.

Mullen says pre-sales are attracting a lot of interest from people who already love and live in the west side and are seeking something bigger, better or newer.

"People who live around here and have been watching for this have been waiting for it and jumping on it quickly," Mullen says.

This is evident by the number of adult and child bicycles parked outside showhomes as families wander through to check out the latest area offerings.

The community of West Grove features wide expanses of green space, interconnected pathways, and is generously dotted with sports playing fields and playgrounds.

Canada Olympic Park is just a hop away, and it's quick travel to downtown Calgary and West Springs with all its amenities, including Aspen Landing's res-

taurants, retail, services and grocery stores.

The neighbourhood is a study in upscale homes in classic architecture styles, including Craftsman, Tudor, Prairie, French Country and Arts and Crafts. Strict architectural guidelines are in place, so the neighbourhood flows together cohesively with classic neutral palettes of tans, browns, beiges, greys and blues.

Showhomes on the parade demonstrate thoughtful planning with many family and entertainment-centric touches, including open kitchens with large islands, and spacious, second-floor bonus rooms with gorgeous views west, flex rooms, and two to three full bathrooms, with

main-floor half baths.

Cedarglen's showhomes include the Huxley 2 and Macleod 2 models, which both carry the hot contemporary colours of grey, white and black throughout, but have distinctly different looks and feels.

The Huxley has whitewashed plant floors, contemporary cabinetry, and a cozy master bedroom with a huge ensuite tub and a shower/steam area big enough for the whole family. The second-floor laundry room is thoughtfully appointed with lots of counters, cabinetry and a sink.

The Macleod 2 features a main-floor flex room decorated as a bedroom in the showhome,

that is next to a bathroom with a shower — a perfect setup for guests. The home features three bedrooms upstairs — a master with ensuite and two extras — one of which features another ensuite — sized nicely for older kids.

Response to The Rise has been excellent, Mullen says. This phase will feature 200 homes once complete, at the end of next year.

"The reception has far exceeded our expectations. It's a unique product. If you have a couple of million dollars, there are definitely a lot of options for you on the west side. We are a bit more affordable, and I think the value is there for people as well."



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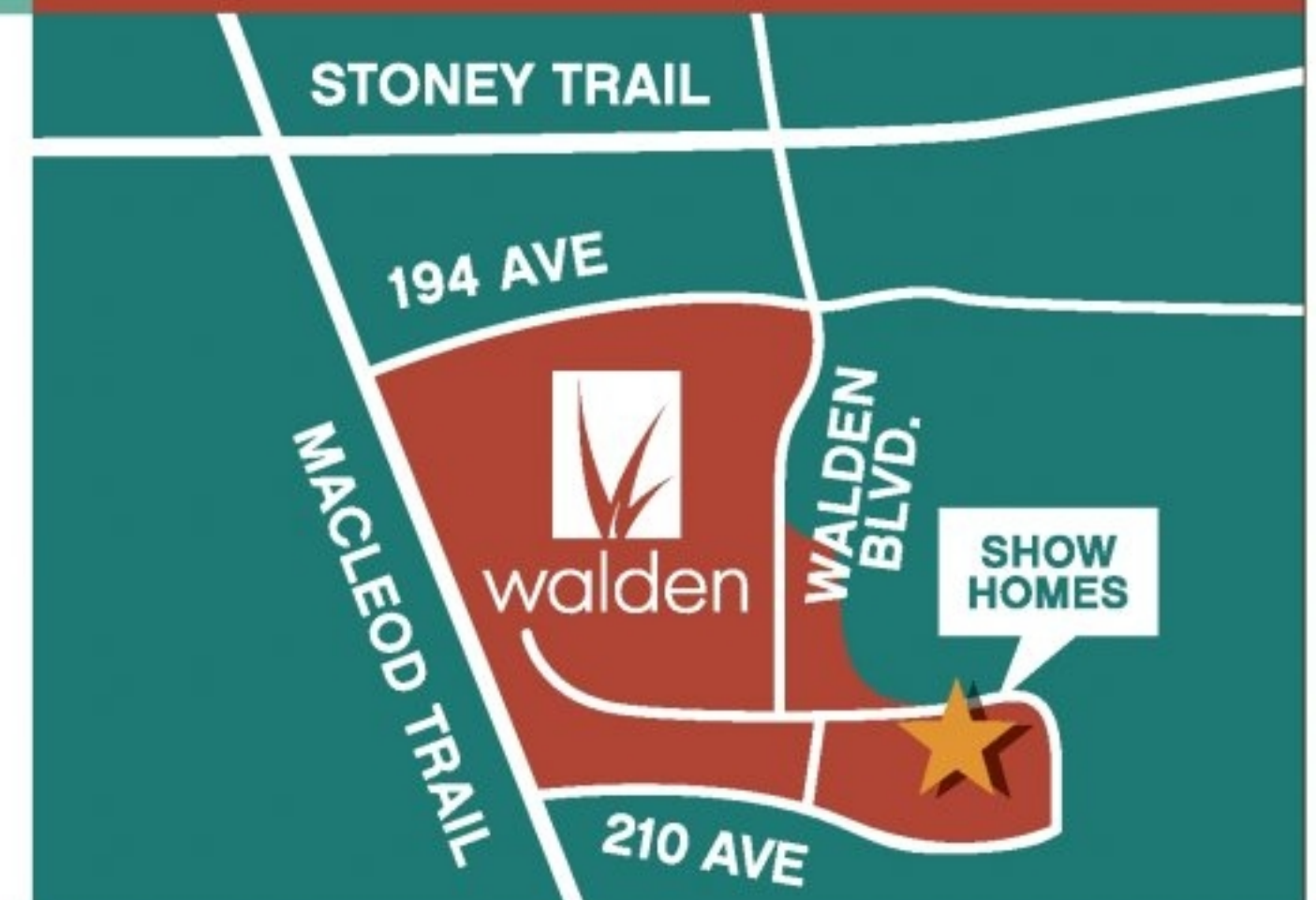
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# Waiting to move into your new home is not so easy

AVI URBAN

**But Calgarian Tara Lyseng is there to hold your hand through it all**

Miles Durrie

Some people call it the “black hole.” It’s that time period between when you’ve bought your new home and when it’s ready for possession, and it can be stressful.

That’s where Tara Lyseng steps in. As customer service specialist for multi-family builder Avi Urban, she’s there for buyers, offering information, support and answers.

“My job is holding their hand and making it a less stressful process,” Lyseng says, adding that buyers often come to her with the “are-we-there-yet” question about when the home they’ve bought will be finished.

“When’s my possession, what’s the stage of construction?” That’s a big one,” she says. “There are always questions — if you’ve never bought a new home, it’s a lot to think about.”

Lyseng, a born-and-raised

Calgarian, has been working in the new homes industry for more than 12 years, minus a break a few years ago to care for her daughters, now age five and seven.

“I’ve always had a customer-based role, and I’ll always push in favour of the customer,” she says. “For us at Avi Urban, it’s all about the experience, and I try to make it the best experience possible.”

Once a home is nearly ready for possession, the fun really begins for Lyseng. “We do a walkthrough seven to 14 days before they get the keys, and on possession day we do a gift basket. It’s pretty exciting to see someone go into their new home and love it.”

Lyseng’s relationship with buyers doesn’t end there. She remains their go-to person for questions and concerns once they’ve moved in.

“I’m the main contact

through the warranty period, so for anything that comes up in the first year or two, it’ll be me. Having that one point of contact is important to me. It relieves that ‘who should I call?’ feeling — they call me.”

Being able to help people get the most out of their new homes is a great reward, she says.

“I love a happy customer. I love hearing great stories of people settling into their homes, having friends over. I just want them to be happy,” she says. “The customer experience is dear to my heart, and I want to make it as great as I can.”

Lyseng is especially proud of Avi Urban’s 2015 SAM Award as Multi-Family Builder of the Year. It’s a prestigious honour, and one that underlines her belief in putting customers first.

“Being part of the team that was able to accomplish that was amazing.”

**2015**

Avi Urban won the 2015 SAM Award as Multi-Family Builder of the Year.

**“I just want them to be happy. The customer experience is dear to my heart, and I want to make it as great as I can.”**

Tara Lyseng, Avi Urban customer service specialist



Customer service specialist for Avi Urban, Tara Lyseng, works with new homeowners to make the process of taking possession of a home less stressful. CONTRIBUTED



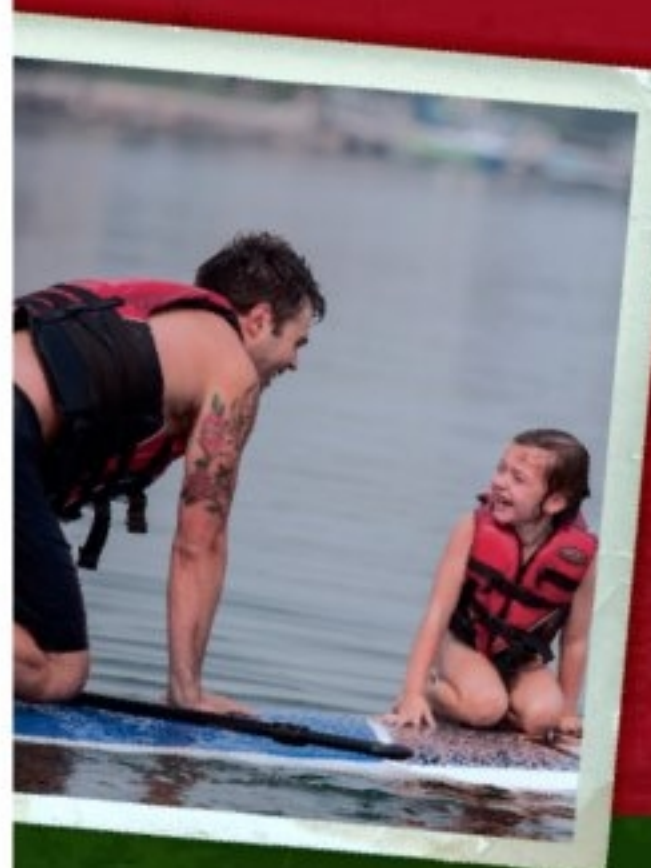
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# An affordable place for young adults to call home

## AVALON MASTER BUILDER

**Rebecca Wirth found a luxury, pet-friendly house at the edge of Airdrie**

### Miles Durrie

When Rebecca Wirth decided to move from her parents' home in the northeast Calgary community of Coventry Hills into a place of her own, she had a few "musts" in mind.

On the list were good value and a convenient commute to work. Pet-friendliness was right at the top — she wasn't going anywhere without her cat, Chip, and her Bernese mountain dog, Chester.

Wirth, who teaches Grade 3 in northeast Calgary, soon zeroed in on Qualico Communities' Ravenswood development at the southern edge of Airdrie, and specifically the Zen in Ravenswood townhouse project by Avalon Master Builder.

"I liked the location, and price was a consideration," says the 23-year-old, who adds she saved about 15 per cent by choosing Airdrie. "It's way

more affordable here."

She also liked Avalon's approach to the sales process, and the Zen complex's pet policy sealed the deal.

"I couldn't afford a full-size single family house yet, but here they allow two pets of any size."

At just under 1,200 square feet on two levels, Wirth's townhouse sits above one of Zen's unique bungalow-style garden homes and has neighbours on either side. "The soundproofing is awesome; I don't hear a thing," Wirth says.

The home is designed and equipped for a high standard of energy efficiency. The open-plan main level has a roomy feel, with gleaming wood flooring and quartz countertops lending a touch of luxury, and a powder room adding convenience.

"I love the countertops and I like the open concept — it makes it feel even bigger," Wirth says.

Up the carpeted staircase are two master-sized bedrooms, one with a large walk-in closet, plus a full bathroom and a laundry room. Above this level is the home's secret surprise — a spacious attic with a pull-down access ladder, perfect for storage and "totally" making up for the home's lack of a basement, Wirth says.



**I have really great neighbours, and I feel like Airdrie is very safe.**

Rebecca Wirth

"It's really cool, and it's roomy enough to stand up in. When they said there would be an attic for storage I didn't anticipate it would be like that — it's as big as the living-room area."

Outside, Wirth was also impressed by the home's fenced backyard, and its location just minutes from the QEII Highway makes her drive to work a breeze.

Wirth put a down payment on the home in October 2015 and took possession in March of last year. She's had no trouble embracing the Airdrie lifestyle since then, she says.

"I can really do everything here; there's lots of shopping close by. I already had some friends here and a few people from my family are here, and everyone's really friendly in this townhouse."

"I have really great neighbours, and I feel like Airdrie is very safe."



Twenty-three-year-old Rebecca Wirth moved into a 1,200-square-foot townhouse with her cat, Chip, and her Bernese mountain dog, Chester. CONTRIBUTED





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# Discover a tranquil setting

## CARRAIG RIDGE

**Owners wanted to preserve the land for others to experience**

**Kathy McCormick**

It's no wonder the spectacular setting has attracted some of the top architects in the world — and a new direction for a well-known Calgary venture as well.

Carraig Ridge offers a tranquil setting amidst the gently rolling hills just west of Calgary, where rock outcroppings, ponds and wildlife add

to the scenic beauty of the Rocky Mountain backdrop.

Developed by the landowners, Ian and his daughter Kate MacGregor, Carraig Ridge is in the foothills of the M.D. of Bighorn half an hour west of Cochrane. The 660 acres (267 hectares) is nestled around the original site of the family home, where the warm memories helped make the decision to preserve the land for others, says Kate.

"I used to come here as a kid every weekend, when my grandparents were here," she says. "We wanted to make sure this area remained rural, yet we wanted to let others enjoy the tranquility and beauty of the area. We've been working 10 years to



**"We wanted more care given to the landscape. Conserving the landscape was the first priority so we have a large tract of land that's shared with the community — an amenity for all."**

Kate MacGregor

get it to this point."

The area will eventually have 44 lots ranging from two to five acres (0.8-2 hectares) in size — all with mountain views and each designed to fit with its individual topography.

"We wanted more care given to the landscape," Kate says. "Conserving the landscape was the first priority so we have a large tract of land that's shared with the community — an amenity for all."

More than 500 acres (202 hectares) have been dedicated to open, natural space. The land includes three small ponds and a larger lake, which already has a giant sheltered fire pit at the shoreline.

The lots themselves are each so unique that the architects chosen to work on the site have created custom spaces that meld with the



The architects designed the lots to have sensitivity to the landscape. CONTRIBUTED



The exterior of the Rock House — and the scenic beauty of the Rocky Mountain backdrop. CONTRIBUTED



# amidst the rolling hills



land in an aesthetic and natural way.

Once the family decided to develop Carraig Ridge, the first order of business was to know how to build it to conserve the land — and that meant Kate traveling to New York to become an architect herself. From there, she had connections and learned of the greatest architects worldwide in their field of expertise.

“The architects who were chosen all designed to have sensitivity to the landscape and we wanted them geographically dispersed to give us a unique spectrum of homes,” says Joe Kellner, who is managing the development.

The world-renowned architects have been working on plans for several unique lots to come up with original, contemporary homes of custom design. The architects are: James Cutler of Seattle-based Cutler Anderson Architects; Todd Saunders of Norway-based Saunders Architecture; Seattle-based Olson Kundig; and New York-based Young Projects.

Lots are priced from \$1 million, with homes expected to be in the range of \$1.1 - \$1.8 million. The development is in the form of a bareland condominium with fees in the range of \$800 a month for things like road clearing and maintenance of amenity spaces and features.

Homes are envisioned to be both permanent residences and vacation properties.

## **+ CONSTRUCTION**

One home is already built — a compact, beautiful custom escape called The Rock House — designed by Cutler.

The next, the I House designed by Saunders Architecture, will be built

by DIRT Environmental Solutions, a Calgary-based prefab business.

The construction of the I House is expected to start this summer.

For more information, visit [carraigridge.com](http://carraigridge.com).







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## Now this IS A KNIFE

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## Big-budget show lost to Vancouver

SCREEN INDUSTRY

### Cuts to media fund has Calgary-based firm go elsewhere



Hot on the success of Fargo, Hell on Wheels and Van Helsing, Calgary's Nomadic Pictures is hitting the ground running with a new sci-fi series called Ghost Wars. But unlike their previous efforts, Ghost Wars won't be filmed in Alberta.

Chad Oakes, co-chairman of Nomadic Pictures, said the decision was made to film in Vancouver because the Alberta Media Fund has a cap of \$5 million per project.

That's true "whether it's a small feature, movie-of-the-week or a high-budget TV series," Oakes explained. "Unfortunately, Alberta is the only province or state that puts caps.... At one time Alberta had the best in North America, and now it does not."

Ghost Wars, starring Vincent D'Onofrio and Kim Coates, is being helmed by veteran show runner Simon Barry. It follows outcast Roman Mercer, who must overcome the town's prejudices to harness his

psychic powers and save everyone from a mass haunting. It will appear on Syfy and Netflix later this year.

Oakes said the province still provides good support for projects that have \$20-million budgets or less. He stressed Alberta has incredible crews and talent and it was a very tough decision.

Nomadic annually injects between \$170 million and \$200 million into the economy through production spending.

The company has had consistent dialogue with Culture and Tourism Minister Ricardo Miranda, but Oakes said the province is facing a challenging time with high film budgets but low oil revenue.

"In the meantime, our company has an incredible slate of stuff to do, and we need to take it to a jurisdiction that best fits the show location-wise and financially," he added.

In a statement, Miranda said the government recognizes the value of the screen industry. He added that the 2017 budget provided \$34 million for the Alberta Media Fund (though it was slashed by about \$3 million) and that they support cultural industries through other grants like script development and mentorship.

"We continue to explore ongoing support for the sector within the current fiscal environment," he said.

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# Detour worries commuters

## CONSTRUCTION

### City to work on traffic calming for the newly busy Beltline

**Helen Pike**  
Metro | Calgary

Residents in the city's centre have learned the slow-moving residential street outside their front door will transform into a detour route that will take the brunt of 17th Avenue traffic.

Two of the Beltline's residential roads are being turned into one-way streets to help divert traffic from the 17th Avenue construction. Signs are changing May 23, and changes will stick for three to four years during construction.

Between Macleod Trail and 14th Street S.W., 14th Avenue will carry eastbound traffic and 15th Avenue will be for westbound traffic.

"It removes a significant amount of natural traffic calming that was created by two-way traffic with parking," said Michael Jones, who commutes through the area by pedal.

Other residents Metro talked to pointed out traffic from bus detours was a concern, and some residents weren't happy with the lack of advance communication.

Danny Haines, who lives on 15th Avenue, said there aren't marked crosswalks along the avenue and a single lane could mean cars speeding down the street. He's been following the 17th Avenue project closely and heard about the changes on Twitter after it seemed to be a done deal.

According to Coun. Evan Woolley, the roads will keep their parking and the city is working to add traffic-calming measures to retain the Beltline's pedestrian-friendly vibe.

"We're undertaking a ton of engagement with neighbours through the day," said Woolley. "We mailed everybody, posted on apartment doors.... People are engaging us intensely right now."

“

**We're undertaking a ton of engagement with neighbours through the day.**

Coun. Evan Woolley

He said those two avenues were the only ones able to take on the required bus reroutes and traffic for business access during the 17th Avenue construction.

Peter Oliver with the Beltline Neighbourhood Association said they met with the city about the detours.

"The communication that got out from the city was really focused on people from outside the community who will be driving through or driving to 17th Avenue, and it wasn't geared enough to the Beltline," said Oliver. "I think that's going to be coming now, and I think there's the opportunity to do something really cool with this street."



A Beltline construction detour has residents and commuters concerned. ELIZABETH CAMERON/FOR METRO

Mayor Naheed Nenshi said he doesn't think one-way streets kill neighbourhoods, pointing out examples in Montreal where having traffic flow in one direction can add to a vibrant streetscape.

"But I am a little bit concerned if our intent is to turn 14th and 15th avenues — which are among the most densely populated streets in the city — into expressways for commuters," said Nenshi.

WITH FILES FROM BRODIE THOMAS



This map shows the temporary one-way streets that will be in use while the city works on 17th Avenue upgrades. COURTESY CITY OF CALGARY

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# Calgary girl recuperating after successful surgery

## HEALTH

## Mother speaks about lengthy recovery after liver transplant



**Elizabeth Cameron**  
For Metro | Calgary

Just one week after Greta Marofke was approved for an organ transplant, she was flying to the Cincinnati Children's Hospital for a new life without cancer.

### \$300K

The Greta's Guardians GoFundMe has raised nearly \$300,000 for the family, which is footing the bill for Greta's treatment — estimated to cost around \$600,000.

The Marofke family was going through security at the Calgary airport — on their way to Cincinnati to wait in limbo — when they got the call: a liver for Greta had been donated and it was a perfect match.

"I couldn't believe it was happening," Greta's mother Lindsey told Metro on Tuesday. "We went on our regularly scheduled plane, the next morning she was taken up to surgery and she's got a new liver now — it couldn't have worked out any better than it did."

Now, after months of back-and-forth and an operation that took more than 10 hours, Greta is out of surgery and recovering.

"She's still got a long road ahead but the cancer's out of her and that's the best thing we could ask for," said Lindsey. "(The doctors are) really happy with how she's progressing already."

Greta, who until Sunday had a rare childhood liver cancer called hepatoblastoma, was turned down for the transplant in Canada but doctors in Cin-



Greta is now recovering in the ICU at the Cincinnati Children's Hospital. CONTRIBUTED

cinnati said they were willing to try — so Lindsey took Greta to them.

"When I started this fight I said I'm not stopping until every last person has told me it's not possible — as long as I had a little bit of hope I was going to

keep going," she said.

The family was told to expect complications from such a lengthy and invasive procedure and Greta will likely be on anti-rejection medication for the rest of her life.

"She won't come out of this completely unscathed, but we'll take it as it comes," Lindsey said. "This is what we've been fighting for for months — it feels really good to be on the other side of it."

The family will stay at the Ronald McDonald house in Cincinnati for several months while Greta recovers. Lindsey said they're extremely grateful to the donor family for their choice.

"I'm sure it's a very difficult choice to make, but they have saved our baby in doing that," she said.

**“This is what we've been fighting for for months — it feels really good to be on the other side of it.**  
Lindsey Marofke



Greta Marofke, 3, her parents Lindsey and Steve and older brother Ben will stay at the Ronald McDonald House in Cincinnati while she is recovering from surgery. ELIZABETH CAMERON/FOR METRO

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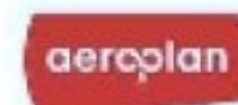


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Ranked ballots, where voters pick in preferential order, have been adopted in London, ON. TORSTAR

## Are ranked ballots worth the trouble?

### ELECTIONS

#### Expert assesses merits of system for municipal votes



**Brodie Thomas**  
Metro | Calgary

What if you didn't have to pick just one candidate in the upcoming municipal election?

What if you could rank your first, second, and third choices? It's not such a crazy idea. Ranked ballots are already used in party leadership races such as the current federal PC leadership race.

In Ontario, London became the first Canadian city to make the switch to ranked ballots for its municipal elections

last week.

London city councillor Josh Morgan said in his city's case, the ranking system is better for democracy.

"It will cause more candidates to run, and candidates who do run to stay in the campaign longer," Morgan said.

While he's excited for the change, the appetite for ranked ballots in Calgary might not be as strong.

In Ontario, the provincial government altered its municipal legislation to allow for ranked ballots, although London is the only large city to make the switch so far.

Lori Williams, associate professor of political science at Mount Royal University, said ranked ballots seem to work well in situations where parties with clear ideologies are involved.

"In situations like that

where you've got a number of parties – particularly similar parties that split the vote."

"It seems to be better – more democratic – if you force the situation where someone must win a majority, particularly a particular party," said Williams.

The professor said there are at least two downsides: the system can be confusing for voters, and it costs more to run an election with ranked ballots.

In London, Morgan said they've budgeted an extra half million on top of the usual \$1.9 million budget for the upcoming 2018 election.

Williams is skeptical that the benefits would outweigh the costs at the municipal level.

"Is there enough of a problem in municipal politics to justify the cost? That's the question," she said.

### MURDER CHARGE

## Defendant scraps guilty plea



**Lucie Edwards**  
Metro | Calgary

The parents of a Calgary woman allegedly killed by her boyfriend in the summer of 2015 said the accused was a "monster" and "an evil person," after he decided last minute against submitting a guilty plea.

Jonathan Martin is charged with first-degree murder in the August 2015 death of his 24-year-old girlfriend, Chelsea Serpentine-Harty.

Her body was discovered by police Aug. 25, 2015, in the Pinetree home she shared with Martin.

Martin was expected to plead guilty on Tuesday, but at the last minute instructed his defence lawyer, Cory Wilson, that he'd like to take the case to trial.

While Martin was being escorted out of the courtroom, Chelsea's mother, Toni, yelled at the defendant, calling him a "bastard."

Afterwards, both of Chelsea's parents, Terry and Toni, spoke with reporters outside court and said they were very disappointed with what had taken place.

"We were led to believe it was going to be over and done with today and going to sentencing. Once again I believe



**It's a slap in the face for sure.**

Toni Harty

he's using delay tactics to confuse the courts," said Chelsea's father Terry.

"Now we're back to square one again and it's very emotional."

Toni said although they're unhappy with what occurred in court on Tuesday, they're hopeful for a better outcome with a trial.

"It's a slap in the face for sure," she said.

"We're going to fight for her and for all those parents who have lost their kids through murder."

When entering the courtroom, clad in a gray sweat suit, Martin appeared to look over at the couple and make eye contact.

"He was taunting," said Toni. A trial date will be set for Martin on Friday.

The Hartys said they are hoping that when all is said and done with proceedings, Martin will find himself behind bars with no chance of parole.

### HEALTH

## AHS confirms surgery infection

Alberta Health Services says one patient contracted a bacterial infection associated with a machine that is used during open-heart surgery.

Last December, AHS notified about 11,500 former open-heart surgery patients of the risk of infection related to potential exposure to bacteria during their procedure.

The Federal Drug Administration and Centers for Disease Control in the U.S., as well as Health Canada, have

reported a potential risk for Mycobacterium chimaera infection associated with certain heater-cooler units, which are used to warm and cool blood during adult and pediatric open-heart surgery.

AHS uses these units at the Foothills Medical Centre in Calgary, the Mazankowski Alberta Heart Institute, and the Stollery Children's Hospital in Edmonton.

AHS said at the time that the risk of infection was extremely low.

The bacteria cannot be spread by person-to-person contact and AHS says infections grow slowly and may take months or even years to develop.

Symptoms generally progress over several weeks and may include fever; unexplained, persistent and profuse night sweats; unintentional weight loss; muscle aches; fatigue; and redness, heat or pus at the surgical incision site.

THE CANADIAN PRESS



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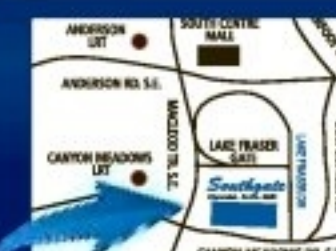
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# 'Future brighter' for kidney disease patient

## MEDICINE

### New treatment plan for PKD is improving life of sufferers



**Lucie Edwardson**  
Metro | Calgary

A new treatment plan for people suffering from polycystic kidney disease (PKD) is making life more bearable and slowing down the effects of the disease according to the Kidney Foundation.

Polycystic kidney disease is the most common form of inherited kidney disease. PKD causes progressive cysts on the kidneys, enlarging them slowly (sometimes to the size of a football), leading the patient to need dialysis until they must have transplant surgery.

Britney Ambrose, a 32-year-old archaeologist, was diag-



**Britney Ambrose**, who was diagnosed with PKD when she was 17, said prior to the new drug and treatment plan there was little to help people with PKD. ELIZABETH CAMERON/METRO

nosed with PKD when she was 17, and said thanks to the new drug and a treatment plan developed by surveying kidney specialists and patients, her outlook on PKD has changed.

"My future looks a little brighter than it did before," she said. The drug, Tolvaptan, prevents cysts from growing

quickly by blocking receptors that helps reabsorb water, ultimately protecting kidney function.

Between the drug and the newly developed treatment plan — which had a Canada-wide consultation with patients and specialists — focuses on things like genetic testing, diag-

nostic imaging, predicting risk and drug treatment options.

This is a "big jump forward" for those living with PKD, according to Dr. Louis Girard who co-authored the paper A Canadian Expert Consensus detailing the treatment plan.

"Before we didn't have a lot to offer for patients with PKD," he said. "Now, for a proportion of them we have opportunity to try and delay the progression of kidney disease."

Girard, said the new drug was an opportunity for doctors to look at the disease and see how they could provide better care.

The doctor said the main message is that kidney specialists need to see those suffering from the disease so that they can apply what they've learned, and continue to understand how to better support those with PKD.

The full paper and recommendations for care visit can be found on the website journals.sagepub.com.

## SUPPORT

### Resource for survivors of sexual violence



**Elizabeth Cameron**  
For Metro | Calgary

The province has developed a resource for victims of sexual violence to connect with services in their community and remind them they deserve respect throughout the judicial process.

In a news release on Tuesday, Minister of Justice and Solicitor General Kathleen Gnanley's office announced police services in the province will be distributing resource cards to victims after they report a sexual assault.

The cards will list community and social services a survivor can contact for support.

"Remember, every reaction to sexual assault is different; your feelings are normal. Being a victim of a crime is never your fault," the cards read.

Staff Sgt. Bruce Walker with the Calgary Police Service's Sex Crimes Unit said it's critical officers can connect survivors to the resources they need.

"These cards will help ensure our front-line officers have all this information at their fingertips when responding to sexual assault calls," he said.

The card was developed by the Sexual Violence Police Advisory Committee (SVPAC) which was formed by the Justice and Solicitor General's office in 2015, according to the province.

The committee, which has representatives

from law enforcement, the Status of Women ministry and others, is currently developing provincial guidelines to ensure sexual violence cases in Alberta are investigated consistently and standardized training for investigators.



**Remember, every reaction to sexual assault is different; your feelings are normal. Being a victim of a crime is never your fault.**

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Calgary artist Tom Brown uses these tiny utensils, all made by hand, to create mini pizza, samosa and more on street corners — and he gives them out to anyone passing by. AARON CHATHA/METRO

## Calgarian shows cooking is real art

### MINIATURE ART

### Artist forms connections through tiny food



**Aaron Chatha**  
Metro | Calgary

Eating is necessary, but cooking is an art — especially in the hands of Calgary artist Tom Brown.

Brown likes to set up on the city's street corners and whip out a tiny oven, complete with tiny pots and pans and tiny knives. The knives are made from nails, to give you a sense of scale.

But it's all fully functional, and Brown makes everything from mini samosas, mini ice cream and mini pizzas, and gives it out for free to anyone

walking by.

"It's an intimate interaction," explained Brown. "And then when you eat the food — how often do you get to eat art?"

Brown, a graduate of ACAD, was inspired by the idea of sodacan-stoves and a fascination with miniatures. Size is something people take for granted, he believes, and miniatures help people see themselves in a new way.

Everything is made by hand. The average knife used to take him six hours to create, but now that he's made about 50 of them, the process only takes about two hours of filing down and shaping. He's made 32 different stoves. Each one is an improvement on the last, and Brown's found a clever way to give away the older models.

On his webpage and social media, usually on Fridays, Brown posts a video of himself hiding a miniature object somewhere in the city, encour-

aging people to explore and claim the object as their own.

He also makes YouTube videos of himself cooking mini food, but his real love is getting outside and meeting people.

During a residency in South Africa, Brown would set up his mini kitchen next to people he didn't share a language with.

"Culturally I shared nothing in common with them, but through the kitchen, but making this offering (I was making miniature samosas in a paper bag) I was able to create a relationship with people who I couldn't speak to, who otherwise would see me as a privileged white traveller," Brown recalled.

"They saw that I did this thing unlike anything they'd seen before, and I guess they accepted it, were joyful about it, and allowed me to be joyful too."

Follow Brown's mini cooking online at [tombrowncreates.com](http://tombrowncreates.com).

### CRIME

## Suspect in sex assault sought

Police are hoping a composite sketch of a sexual assault suspect might jog the public's memory.

On Thursday, April 6, 2017 a woman got on the #42 bus at the Marlborough LRT Station. Police think a man also got on the bus at the same time, but the pair didn't talk.

They both got off the bus near 8 Avenue and 58 Street SE 15 minutes later, which is when the man started following the woman.

In the 700 block of 58 Street SE, it's alleged that the man

approached the woman, forced her against a fence and touched her sexually. She screamed, and scratched his face. That's when

he ran.

Police describe the suspect as Indigenous, in his late 20s. He stands between five-foot-nine and six-foot tall. At the time, he was wearing a grey sweater, blue jeans and a backwards red baseball cap with silver rimmed glasses on.

Anyone with information on the incident should contact police by calling the non-emergency number at 403-266-1234 or Crime Stoppers anonymously. METRO



**Sketch of sexual assault suspect.**  
COURTESY CALGARY POLICE SERVICE



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A member of the Canadian military sits on the front of a boat in a flooded area of Gatineau, Que., on Tuesday. CHRIS WATTIE/THE CANADIAN PRESS

# Quebecers finding a silver lining in flood

**WEATHER**

**Disaster forces residents to 'discover our neighbours'**

in relatively good spirits being transported around the neighbourhood by her friend James Taylor in his rented canoe.

"When my husband died (a year ago) I was very alone; it was a very lonely time," Smart said. "This is a collective. People are smiling. They are putting things into perspective — your wealth

she said. "We have discovered our neighbours."

Briere said she and her neighbours spent Saturday night together building a wall of sand with the help of concrete blocks that were transported to the end of her street by another resident.

By 5 a.m. Sunday she was awoken by a knock at her door and the news the water had burst over their makeshift dam.

"There is no one to blame," she said, her voice quivering. "When this is over we all decided we're going to have a block party. My stepson has a food truck and he's going to give everyone ice cream."

Deux-Montagnes director general Benoit Ferland said "there was nothing we could do" to save homes from the water.

"We laid sandbags very high and the water passed over," he said. "It would have taken a Berlin Wall to save us from the river." THE CANADIAN PRESS

**CARBON TAX**

**Federal program to mimic Alberta's**

The federal government's plan to impose a carbon tax on provinces that don't do it themselves is expected to mimic the Alberta program, including rebate payments sent directly to low- and middle-income individuals, according to a source, who also says the paper outlining the proposal will be released next week, seven months after Justin Trudeau told provinces they'd have until 2018 to implement a price on carbon. THE CANADIAN PRESS

**SENATE**

**Meredith resigns over sex with teen**

Disgraced Sen. Don Meredith bowed to longstanding demands to resign on Tuesday, one day before the red chamber was poised to expel him.

The resignation came in a statement Tuesday afternoon, a week after a Senate ethics committee ruled that Meredith should be kicked out of the Senate for his sexual affair with a teenage girl.

Meredith said the Senate is more important than his "moral failings" and that he will "move forward" with his life.

Meredith's resignation means he avoids becoming the first senator in Canadian history to be expelled from the upper house.

TORSTAR NEWS SERVICE

**Don Meredith**  
CANADIAN PRESS

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# Trump fires FBI Director Comey

## POLITICS

### Ousting takes place amid probe into Russia's election meddling

U.S. President Donald Trump abruptly fired FBI Director James Comey Tuesday, ousting the nation's top law enforcement official in the midst of an investigation into whether Trump's campaign had ties to Russia's election meddling.

In a letter to Comey, Trump said the firing was necessary to restore "public trust and confidence" in the FBI. Comey has come under intense scrutiny in recent months for his role in an investigation into Democrat Hillary Clinton's email practices, including a pair of letters he sent to Congress on the matter in the closing days of last year's election.

Trump made no mention of Comey's role in the Clinton investigation. But the president did assert that Comey informed him "on three separate occasions that I am not under investigation."

Tuesday's stunning announcement came shortly after the FBI corrected a sentence in Comey's sworn testimony on Capitol Hill last week. Comey told lawmakers that Huma Abedin, a top aide to Hillary Clinton, had sent "hundreds and thousands" of emails to her husband's



Then-FBI Director James Comey pauses as he testifies on Capitol Hill in Washington last week before a Senate Judiciary Committee hearing. THE ASSOCIATED PRESS

laptop, including some with classified information.

On Tuesday, the FBI said in a two-page letter to the Senate Judiciary Committee that only "a small number" of the thousands of emails found on the laptop had been forwarded there while most had simply been backed up from electronic devices. Most of the

email chains on the laptop containing classified information were not the result of forwarding, the FBI said.

Comey, 56, was nominated by President Barack Obama for the FBI post in 2013 to a 10-year term. Praised for his independence and integrity, Comey has spent three decades in law enforcement

and has been no stranger to controversy.

Before the past months' controversies, Comey was perhaps best known for a remarkable 2004 standoff with top officials in the George W. Bush administration over a federal domestic surveillance program.

THE ASSOCIATED PRESS

## MEDITERRANEAN

### Hundreds of asylum seekers feared dead

Two wrecks of migrant ships in the Mediterranean have claimed as many as 245 lives, including those of at least five children, according to survivor accounts given to UN agencies and authorities in Sicily, where dozens of rescued migrants were taken.

Survivors of one wreck, some of them hospitalized in Pozzallo, Sicily, where they were being treated for hypothermia and exhaustion, told authorities who interviewed them that their traffickers had crammed some 130-140 people, apparently all from central African countries, into a motorized rubber dinghy designed to hold at most 20 people.

The dinghy started deflating on one end, the passengers quickly shifted their positions in the boat, and the craft tipped over, authorities said, based on numerous survivors' descriptions.



A woman, who asked to be identified as S.J., at a migrant processing centre in Pozzallo, Italy. THE ASSOCIATED PRESS

The dinghy wasn't equipped with any distress signalling equipment. The 52 survivors clung for hours to the wreckage of the dinghy until they were spotted by a patrol plane and rescued by a Danish cargo ship, which was dispatched to their aid by the Italian Coast Guard.

THE ASSOCIATED PRESS

## GLOBAL DIGEST

### GERMANY

#### Another soldier arrested in alleged far-right plot

German authorities arrested a second soldier Tuesday on allegations he was part of a far-right plot to assassinate political figures and blame the attack on refugees in a case that has raised concerns about extremism within the military. Maximilian T., 27, was arrested on charges of preparing an act of violence. A judge ordered him held as the investigation continues into a case that authorities have called "more than strange." THE ASSOCIATED PRESS

### CENTRAL AFRICAN REPUBLIC

#### Four UN peacekeepers killed in rebel ambush

A Christian rebel group in the Central African Republic ambushed a UN convoy sparking a firefight and kidnappings that left four peacekeepers dead, eight injured and one missing, the United Nations said Tuesday.

UN spokesman Stephane Dujarric said eight fighters from the anti-Balaka rebel group were also killed in the firefight on Monday night. In the initial ambush and firefight, one Cambodian peacekeeper was killed and seven Moroccans and one Cambodian were injured.

THE ASSOCIATED PRESS



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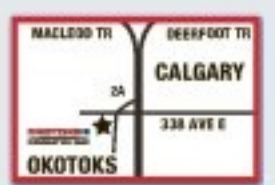
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# Freshii criticizes menu rules

## RESTAURANTS

### Fast-food chain calls calorie law 'simplistic'

A regulation requiring restaurants in Ontario to display calorie counts on menus is "overly simplistic," Freshii said Tuesday after inspectors were dispatched to ensure the company was complying.

The Toronto-based chain voiced opposition to the province's Healthy Menu Choices Act, which has been in effect since Jan. 1, but said it will comply upon threat of fines.

"We believe that displaying only calories on a menu is misleading for our guests," Freshii said in a statement.

Founded in Toronto in 2005, Freshii promotes itself as an alternative

to its greasier fast-food competitors, selling salads, wraps and smoothies to appeal to a more health-conscious customer. Its motto is "Count nutrients, not calories."

On its website, the company makes a point of discouraging customers from focusing on the number of calories they consume, saying that can prevent them from considering nutrient-rich food that may also be high in calories.

The Health Ministry said Tuesday it would not budge from its stance, saying eating too many calories is a key contributor to weight gain and menu labelling can influence consumer behaviour.

“

**We believe that displaying only calories on a menu is misleading for our guests.**

Freshii statement

food service providers with 20 or more locations. Freshii has about



Toronto-based Freshii voiced opposition to Ontario's Healthy Menu Choices Act but said it will comply. THE CANADIAN PRESS

50 restaurants in the province, according to its website.

The ministry directed local public health units to inspect Freshii restaurants and consider enforcement action against any found to be contravening the act, said spokesman David Jensen. Individual fines for a first

offence are a maximum of \$500 daily, while corporate fines for a first offence are a maximum of \$5,000 per day.

Jensen said the ministry sent a letter to Freshii's corporate office May 2 to advise them of their duty to follow the regulation, but didn't receive a response.

If the government insists on issuing fines, Freshii will "take the appropriate steps to meet the minimum compliance as required by the rules," Freshii founder and CEO Matthew Corrin said in the company's statement.

Freshii, which began trading

on the Toronto Stock Exchange in January, is planning an expansion that would see it add between 150 and 160 outlets around the world this year. Its shares were down 3.2 per cent or 43 cents to \$13.00 in late afternoon trading.

THE CANADIAN PRESS

## ATTRACTIONS

### Disney gambles on new theme park

Disney has wagered a reported \$500 million that people will line up for a new theme-park attraction based on the 2009 movie Avatar, which has largely faded from pop-culture consciousness.

The new park, based on the movie's bioluminescent world

of Pandora, represents a major gamble, even by Disney standards. Disney is racing to catch up with rival Universal Studios, whose hit Harry Potter park opened in 2010.

The Avatar attraction, formally known as Pandora — World of Avatar, opens May 27 at Dis-

ney's Animal Kingdom park in Florida. But there won't be an Avatar sequel until at least 2020.

Disney wants to prove it can also turn its newer cultural properties, which include Star Wars and the Marvel superhero franchise, into popular park attractions. THE ASSOCIATED PRESS

## LENDING

### Cash-strapped Home Capital plans to sell mortgage assets

Shares of Home Capital Group shot up Tuesday after it announced that an independent third party expressed interest in buying up to \$1.5 billion of its mortgage assets, a move intended to reestablish confidence in the cash-strapped lender.

The company — which has seen customers withdraw more than \$1 billion from their accounts recently — said the unidentified party has indicated a non-binding intention to buy at least \$500

million of qualifying uninsured mortgages immediately.

The unidentified buyer could also purchase up to \$500 million of additional uninsured mortgages and up to \$500 million in insured mortgages, Home Capital said.

The lender, which uses money deposited into GICs and savings accounts to help fund its mortgage products, didn't disclose what the buyer would pay or when a firm deal would be con-

cluded.

The company's stock price soared 17.86 per cent, or \$1.22, to \$8.05 in early trading on the S&P/TSX composite index following the news.

The company's interim chief executive, Bonita Then, said the proposed sale is designed to give Home Capital the ability to continue serving as many customers as possible through its network of mortgage brokers.

THE CANADIAN PRESS



### NOTICE OF ANNUAL GENERAL MEETING CALGARY – MACKAY - NOSE HILL

#### PROGRESSIVE CONSERVATIVE ASSOCIATION

The Annual General Meeting of the Calgary Mackay Nose Hill Progressive Conservative Association will be held on Thursday June 8th 2017 at 7:30 p.m. in the Salvation Army Sandstone Citadel, located at 222 Sandarac Drive N.W., Calgary, Alberta. Current members of the Progressive Conservative Association of Alberta, residing within the constituency boundaries of Calgary Mackay Nose-Hill, including Beddington, Evanston, Huntington Hills, Sandstone, Macewan and Sage Meadows are eligible to vote. To put your name forward to become a board member, or a member of the executive, please contact Sean Flood, President by email at [yycmnhpc@gmail.com](mailto:yycmnhpc@gmail.com) by June 1, 2017 at Midnight.

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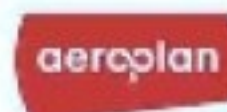
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## JESSICA ALLEN ON SUPERHERO BRANDING



### Here are *five* Wonder Woman partnerships worth considering

Warner Bros. has joined forces with a nutrition bar called thinkThin to promote its upcoming Wonder Woman film. I know what you're thinking: Sure, the studio has had marketing tie-ins with other superheroes on the payroll — Batman got chocolate strawberry cereal — but aligning the greatest heroine with an absurdly named diet snack is outrageous and sexist. Not for me. **This is the #thinspiration I need for bathing suit season.** I say this is a chance for brands to make some money while simultaneously empowering women to lose weight and also aid them in just being better at being women.



#### 1 Invisible airline seats

Delta and United have recently received a lot of flak for overselling their seats. Even though every airline does it, here's their chance for redemption: market "invisible seats," like the kind you'd find on Wonder Woman's invisible jet. These seats exist only in your imagination. Instead of passengers being dragged off a flight or threatened with having their children taken away by social services, flight attendants can just point to their boarding pass and say, "You're a superhero, too."

#### 3 Saving shoes

Wonder Woman is an Amazon. The ancient Greeks used to depict Amazon battles on everything from pottery to architectural friezes, like the one on the Temple of Athena Nike on the Athenian Acropolis. Nike, are you listening? I'm thinking knee-high, shock-resistant sneakers that absorb the emotional pain of the gender pay gap.

#### 4 Waxing kit

Those are extremely short star-spangled shorts, Wonder Woman. Three words: "bikini waxing kit." One with no soothing after-lotions because no pain, no gain, as no woman has ever said after a wax but with Wonder Woman pictured on the box I bet it will sting less.

#### 5 Wonderbread

This one is almost too easy because "Wonder" is literally in their name already: Wonder Bread. All they have to do is introduce a gluten-free loaf because last time I checked, superheroes, especially the handful of female ones, don't eat carbs.



#### 2 Crystals

Superman's nemesis is the mineral Kryptonite. I say Wonder Woman should have a mineral — no, make that a crystal — but it makes her stronger and wards off negative energy because women and Spencer Pratt love crystals. Wear Wonder Woman's rose quartz, or maybe citrine, around your neck for health, wellness, and a clear head. Because you can't fight the patriarchy if you're thinking about what the hell you should cook for dinner. Don't forget to breathe.

## Diversity opportunity in public newspaper funds



Vicky Mochama  
Metro | Toronto

If our institutions won't take diversity seriously, then it's fitting they be forced to if Ottawa gives them money.

Last week, the federal government issued an ultimatum to universities participating in the Canada Research Chairs program. Within the next three years, schools must meet diversity targets or face funding cuts.

Currently, universities underperform in awarding chairs to four designated groups: women, people with disabilities, Indigenous people and visible minorities.

Schools have made some progress. 2017 data shows universities met targets of 15 per cent and one per cent for visible minorities and Indigenous people, respectively.

But, as federal Science Minister Kirsty Duncan told the Globe and Mail: "It's been a decade, and there simply hasn't been enough progress."

Thus, the ultimatum. It should work that way with newspapers too. Some publishers are asking the Canadian government to assist the industry with its struggles and others are suggesting Ottawa step up its print advertising budget.

This is an opportunity. The carrot-and-stick approach might work for more than one industry lacking diversity. Canada's print media could stand to feel some pressure.

If the federal government opts to assist the press, there should be strings attached — on diversity.

It's a truism that Canadian media is mostly white. But it's only axiomatic because the data is non-existent: the majority of print publications do not publish diversity data.

Unlike print media, the nation's broadcasters are bound by the Employment Equity Act. With varying degrees of transparency and consistency, they report their diversity efforts.

Print media has been hesitant to tackle diversity despite there being ample evidence of its benefits. It would not infringe the free speech of the press to join the rest of the nation's media in both making a profit and reflecting the nation it serves.

There are countless studies showing the value of diversity. A 2015 study from McKinsey, a global consulting firm, found gender-diverse companies are 15 per cent more likely to financially outperform their competitors. For ethnically diverse companies it's 35 per cent. There is a clear return on investment.

For the most part, it seems universities are welcoming Ottawa's demands. Self-regulation has only gotten them so far, and it's not far at all.

The academy and the press are valuable members of our society and democracy. While universities have made steps towards diversity, they can't do it alone.

The same is true for print media.



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**#CoffeeInACone:** It's part of the new generation of novelty snacks and drinks engineered not just for taste, texture, and mouth-watering appearance, but shareability.

It's billed as "the most Instagrammable coffee in the world," but unlike most social-media-ready coffee creations, it comes from a country where coffee is actually grown: South Africa.

The patent-pending confection, which is just what it sounds like — a coffee drink in a purpose-built waffle cone — is the brainchild of 30-year-old South African entrepreneur Dayne Levinrad.

It's celebrating its Canadian debut at Balzac's Coffee Roasters in Toronto on Thursday. Levinrad says plans are in the works to expand to more cities.

Levinrad, who has spent years as a consultant to coffee shops in Australia, Brazil and Los Angeles, moved home to South Africa and was casting around for a "new and exciting way of a bringing people to the door."

Recalling the passionate love people have for ice cream cones, and inspired by the perennial success of food mashups like the cronut, he hit on the idea to combine coffee and cone. (He's not the first to ever try this, just arguably the most marketing-savvy).

"I wanted ... to play on nostalgia and childhood," he said. "It becomes quite a decadent experience because the (melting) chocolate mixes into the drink."

If you think that sounds like a potential melty mess, you'd



**The most Instagrammable coffee in the world is here... just hold it at the right angle**

be right. After a great deal of trial and error, Levinrad landed on a blend of four different chocolates to coat the inside of the cone and prevent leaks.

Any creamy hot drink, such as a latte, cappuccino, matcha or hot chocolate, will work. The one exception is plain hot drip coffee, which tends to melt the chocolate a little too fast.

The beverage has to be

slurped up within 10 minutes before structural failure becomes a concern. And make



**"I wanted to play on nostalgia and childhood. It becomes quite a decadent experience."**

Dayne Levinrad

sure to hold it at a 45-degree angle: Otherwise the drink will pour out over your wrist and

## 5 MORE GLORIOUS FOOD MASHUPS

**Coffee in a cone** is just the latest iteration of a long, proud tradition of foods being stuffed into other, normally unrelated foods. Here are a few of our faves.

**Soup in a bread bowl**  
The original and best.



**Hot dogs in pizza crust**  
Pizza hut's most monstrous monstrosity combines two very American party foods: pizza and pigs in a blanket.

**Ice cream in a donut (a.k.a. a "chimney")**  
This delicacy popularized by Eva's in Toronto combines Kürtöskalács, a Hungarian/Czech pastry cooked on a spit over a fire, with ice cream.



**Cookies in brownies**  
These mainstays of Tumblr and Pinterest have a number of saucy nicknames that allude to the ecstatic state you allegedly reach by eating them. At their most basic, they're brownies with a layer of Oreos baked into the middle (the Oreos change texture, becoming cakey). Some recipes also include of pre-packaged chocolate chip cookie dough and one of peanut butter cups.



**Duck in a chicken in a turkey**  
The late Cajun chef Paul Prudhomme wasn't the first to jam a bird into another bird (into another bird) but he brought the Turducken — duck stuffed into chicken into turkey — to the masses. GENNA BUCK/METRO

onto the floor.

Coffee in a cone was born last year at the Grind, Levinrad's Johannesburg café. Shortly after its launch, it caught the eye of Aviv Weil at the African chapter of Creative Shop, Facebook's small-business support program.

With Weil's help it became a social media sensation. Interest in the drink — 50 million total online impressions, across all platforms, according to Levinrad — has far outpaced its availability.

Just over 4,000 posters have used the hashtag #coffeeinacone on Instagram, most of whom appear to be taking pictures of themselves with the treat in hand. Coffee in a cone

is available at select cafes in Hong Kong and the U.K., and will soon be in Australia.

When the treat was featured on the CNN website in May 2016, Levinrad said he was still making the cones in his garage with help from his mother.

He's since employed 30 local women to hand-turn the waffle cones at a factory in South Africa.

Levinrad loves that the product already has "fans all over the world," even if they haven't yet gotten the chance to try it for themselves.

"People rally behind a good story," he said. "(Maybe it will) damage the big retail gods who normally trump people like us."

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**JOHANNA SCHNELLER WHAT I'M WATCHING**

# Why marital honesty really does mean a lot

**THE SHOW:** *Catastrophe*, Season 3, Episode 4 (Amazon)  
**THE MOMENT:** The bedroom chat

Sharon (Sharon Horgan) just learned that her eggs are no longer viable. She and her husband Rob (Rob Delaney) lie in bed.

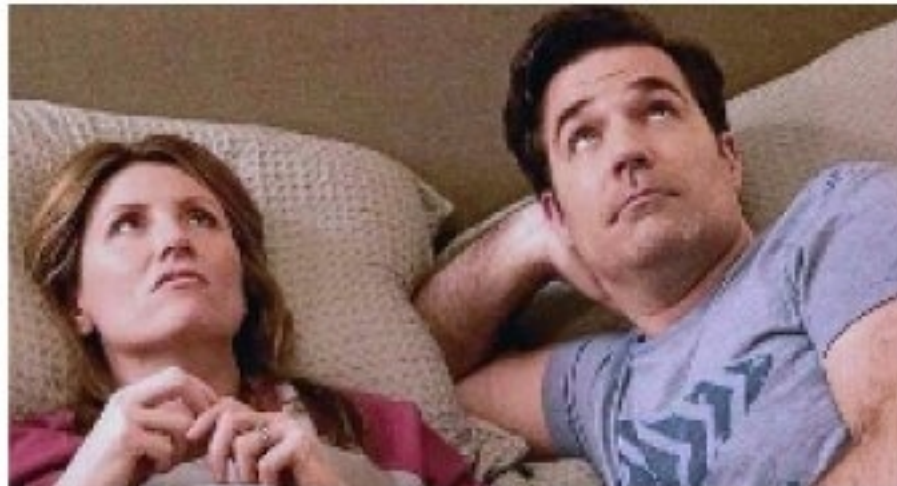
"Why don't you say something to make me feel better about my no eggs?" she asks. "What if your doctor said, 'You have no sperm left in you?'" "I'd say, 'That's terrific,'" he replies.

"No you wouldn't," she says. "What if your body's like, 'I need to make more babies,' and my eggless body can't do it, so you leave me?"

"Do you not listen to me?" he asks. "I would love you more if you had no eggs. I want to be with you, our current children, and that's it."

"I'm rotting, Rob," she says.

"Me, too, and that's fine," he says. "Your body is slowly turning off, and that's upset-



Sharon and Rob's 'catastrophe' is family itself. CONTRIBUTED

ting to you, but it's supposed to happen. But you still taste and smell delicious, and not all women do."

She lays her head on his shoulder. "Honestly, that really means a lot," she says.

The "catastrophe" this series explores is not its inciting incident — that three years ago, Rob accidentally impregnated Sharon during a one-week stand. It's marriage and family itself. Even in the luckiest life, nothing ever "goes right" — it's

about how you muddle through between disasters.

Horgan and Delaney, who also write the show, know that the best you can hope for in marriage is a person who will lie next to you night after night, listen to your fears, and make you laugh. Honestly, that really means a lot.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.


**ROSE REISMAN THE SAVVY EATER**

**THIS WEEK:** Whether at the ball game or home, keep track of those snacks

A handful of one of these classic snacks is a salt overload.

## PICK THIS

**The Original Cracker Jack**  
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## SKIP THIS

**Bits & Bites Original**  
 Per ¾ cup (50g)

Calories 220  
 Fat 7g  
 Sodium 530mg  
 Sugar 3g



## HERE'S WHY

**Equivalent in sodium to more than 2 slices of Primo Vegetarian pizza from Panago**



You might think with its mix of pretzels, cheese bits, wheat squares and toasted oats, that Bit & Bites would be a better snack than caramelized popcorn and peanuts, but take a closer look.

Bits & Bites adds 4½ times more sodium and close to double the fat compared to the Cracker Jack popcorn. The same amount of the popcorn mix can give you a crunchy fix without an abundance of salt. There are also excessive preservatives in the Bits & Bites. Either way, there is additional sugar in the Cracker Jack popcorn, so keep both of these snacks to an occasional handful.

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# Malts for mom: Time to close Whisky Gap

For whisky companies, Father's Day is Second Christmas. Sales teams position their fancy single malt or smooth blend as the must-have gift for dad. Meanwhile, mom gets a DustBuster. That's just not fair. It's time to close the Whisky Gap. Here are four reasons why whisky is better than a vacuum for Mother's Day gifting. TORSTAR NEWS SERVICE

## SCIENCE

### Hold the girly drinks nonsense

Although the spirits and cocktail world is often divided into girly drinks and manly ones, there's no earthly reason for it. Men can metabolize more alcohol than women, not different types. There's no more alcohol in brown spirits than there is in vodka or gin. And a five-ounce glass of Pinot Grigio contains the same amount of alcohol as a one-ounce pour of liquor.

**Gooderham & Worts is a tribute to the whisky once made at Toronto's legendary distillery, which was once the largest in the world.**



## TASTE TEST

### Every palate can be trained

Men and women have, essentially, the same physiological taste mechanisms. Yes, some studies have shown that more women are "supertasters" than men (meaning that there's a greater number of women born with a lot of taste buds), but this sensitivity applies mainly to bitter compounds found in foods such as collard greens, kale or rapini. Whisky isn't generally bitter. Even if it were, most taste scientists agree that experience matters more than biology: if you can teach yourself to like bitter greens, you can learn to like just about anything.

**Few Spirits all feature different images from the 1893 Chicago World's Fair.**



## DEMOGRAPHICS

### Moms already spend on malts

Sales statistics suggest that more than a third of whisky consumers are women, maybe even two-fifths. So, there's a pretty decent chance that mom is already a part of the whisky-drinking demographic but has to buy her own, while dad gets bottles for free. That's just like being charged more for dry cleaning or haircuts.

**Toki, from Japan's House of Suntory, is delicious goodness.**



## MARKETING

### Subverting the lazy sales pitches

Whisky for men and vodka martinis for women is totally arbitrary, like the way books at the airport are divided into shelves with pink covers decorated with cakes and shoes versus all the serious, hardcover black-and-gold business books. Whenever we have a chance to subvert that kind of nonsense, we should.

**The Dalmore 12 is sweet deliciousness.**



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# S-Town podcast sparks identity crisis

ALABAMA

## Local area struggling with its portrayed image

Attention is often a hard-won commodity out in the country, and sometimes it's the last thing a little town wants.

Residents puff out their chests when a high school in a rural town upends a big-city rival to win a championship, but they're

just as likely to be deflated by some dash of infamy – a tornado that wipes out a trailer park or a neighbour who winds up on a wanted poster.

A central Alabama community is grappling with a version of the latter – the unwanted fame that

comes from millions of people knowing it only as a lousy, scruffy place best described with an unprintable expletive.

Bibb County is the setting for the hit podcast S-Town, with the "S" standing for a vulgar word for excrement. The seven-

part show has been downloaded more than 40 million times in 114 countries since its release in late March.

The podcast focuses on the towns of Woodstock and Green Pond, where strangers now stop by to take selfies at locations from the show or put a dime atop the grave of the late main character, John B. McLeMore.

That causes few complaints. But having your hometown portrayed as a backward, misogynistic, racist, homophobic, backwater – at least one view expressed in S-Town – is wearing on folks, particularly those who understand things can live forever on the internet.

Some view the podcast and its name as a "black mark" on the area, said Robert Browning.

"There's quite a few people who took offence to it, and there's a lot of people who just don't care," the barber said.

Bibb County officials have been working for years to shine a spotlight on their community of around 23,000 residents, which is less than 35 miles away from both Alabama's biggest city, Birmingham, and its flagship school, the University of Alabama. The only Mercedes-Benz car factory in North America is just a few miles away, and a supplier to the factory is moving into Bibb County's new industrial park.

Unemployment isn't bad in the county by Alabama stan-

dards: 5.4 per cent last month. But that "S-Town" image is grating on some people, and it all goes back to McLeMore.

Without too many spoilers: McLeMore was a Bibb County native who sent an email to producers of the Serial podcast with the subject line of "John B. McLeMore lives in S-town, Alabama." (McLeMore spelled it out.)

"S-Town" tells the story of an alleged murder and another death, and winds up focusing on McLeMore's tortured relationship with the town of Woodstock, his own inner demons, and a young-

er man named

Tyler Goodson. Goodson is now used to people stopping outside his home to take photos, just as people who live near

McLeMore's old

home often have to avoid stopped cars in the road to take pictures of the locked gate. Reporters are a near-constant sight at Woodstock City Hall, where workers are happy to talk "S-Town" as long as their names aren't used.

Goodson, 26, faces felony charges related to something that happened during production of the podcast, with a court date next month, and he no longer has his old friend John B. McLeMore to talk about it all with. He says "S-Town," neither the community nor the podcast, have done him any favours.

"It's a sad story, especially if you're part of it," Goodson said. THE ASSOCIATED PRESS

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Barber Robert Browning says the hit podcast S-Town is now a "black mark" for some on his home area of McCalla, Ala. AP





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# Ready your RV for a smooth summer trip

Planning for an epic summer of camping and RVing? A little bit of planning ahead can ensure that your holidays are spent having adventures and not arriving at a campsite having forgotten some crucial equipment.

To help make your pre-trip preparation easier, stores like Canadian Tire offer one-stop shopping for all of your camping and RVing needs. It offers a selection of RV accessories, outdoor equipment and RV charging systems.

You can find everything you need not just for camping but to stay equipped for all your summer outdoor activities — including getting your fishing license, bait, tackle and firewood.

But gear isn't the only thing you need to ensure happy motoring. Matt Honeywell, an automotive service manager at Canadian Tire in Calgary, says it's important to make sure your vehicle and trailer are in top shape before you hit the road.

Canadian Tire has been putting people on the road for 90 years, keeping vehicles safe by servicing all makes and models.

Before you hit the road this summer, here's a checklist of services and supplies you need to make sure you have a safe and successful journey:

- Check the brakes, lights and tires on the tow vehicle and RV. Are the spare tires full of air and still in good condition?

- Is all the safety equipment in good working order? This includes the towing hitch, equalizer towing system, fire extinguishers, smoke and carbon

dioxide alarms.

- Are all exterior compartments or attachments such as bike racks secure?
- Do you have all the chemicals you need for your RV's water and waste holding tanks?
- Are all the coolers, fishing rods, tackle, licenses, cooking equipment and toys packed?
- Check weather reports for your destination and pack clothing for those conditions.
- Bring a cellphone with an extra battery or charger.
- Pack basic camping equipment such as maps, compass, GPS, weather radio, a First Aid kit, sunscreen, flashlights and extra batteries.
- Make sure you have all your prescription medicines on hand in case you are out of reach of a pharmacy.
- To keep animals away, bring airtight containers to store food and garbage bags to keep your campsite clean.
- Visit one of Calgary's nine Canadian Tire stores before you head out on your next trip to make sure your vehicle is serviced and fully fueled up

Regardless of which Canadian Tire store you visit, each one across the country is independently and locally owned and full of friendly, helpful staff.



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# Finding Calgary's top 10 patios

## PATIO SEASON

### From perfect dates to people-watching

Shelley Boettcher

Summer is around the corner. It may be brief in Calgary but our restaurateurs know how to take advantage of every precious moment in the sun. Whether you're looking for a romantic place for a date, a trendy hotspot, or a prime seat for people-watching, you'll find it in and around the city.

Here, 10 fine places to visit when you're in need of libations and nosh on a warm day.

**1. Bonterra Trattoria:** One of the city's most romantic outdoor places, Bonterra's patio is open now, weather permitting. Like previous years, expect gorgeous flowers and Italian ambiance. The annual patio party will take place June 6.

**2. Char-bar:** Char-bar's roof-

top patio boasts some of the best views of the city. High walls keep the patio relatively sheltered, so even if it's windy, you'll stay pretty comfortable. Heaters and fireplaces provide comfort on chilly nights.

**3. Gravity Espresso & Wine Bar:** This patio is warm and bright, and it's typically quiet, too, so your chances of finding a seat are high.

**4. The Lake House:** This lovely patio gives you that cottage-country feeling, without leaving the city. It opens full-time on the May long weekend, but you'll likely find a couple of tables out now for lunch and dinner on warmer days.

**5. Murrieta's Bar and Grill:** You'll be perched up high on this long, skinny patio, but you'll have a great view of busy Stephen Avenue below.

**6. National on 8th:** This lively beer hall claims to have

Western Canada's largest rooftop patio. Best of all, you can play ping-pong while you sip your favourite craft beer.

**7. Provision:** Small but mighty, Provision has a patio that seats up to 60, located in the beautifully landscaped Central Memorial Park.

**8. River Café:** Another romantic hotspot, the River Café patio is ensconced in the beautiful surroundings of Prince's Island Park.

**9. Ship and Anchor Pub:** If the temperature is above zero degrees Celsius, you'll probably find someone enjoying a beer on the Ship patio. For decades, this has been the place to go if you're a hipster in need of a pint.

**10. The Tommyfield Gastro Pub:** Head to Seton for the rooftop patio at this fun pub. Whether you're there on a sunny afternoon or evening, you'll get great views, and there's a fireplace and heaters for chilly nights.



The River Café patio is right in the middle of beautiful Prince's Island Park. CONTRIBUTED

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## Toyota's quirky new subcompact crossover



HANDOUT

### THE CHECKLIST | 2018 TOYOTA C-HR

#### THE BASICS

**Engine:** 2.0-litre four-cylinder  
**Output:** 144 horsepower, 139 pound-feet of torque

**Transmission:** Continuously-variable automatic

**Fuel Economy (L/100 km):** 8.7 city, 7.5 highway, 8.2 combined

**Price:** Starts at \$24,690



#### LOVE IT

- Plenty of passenger space
- Surprising driving dynamics
- Standard active safety features

#### LEAVE IT

- No available all-wheel drive
- Tiny cargo compartment
- Limited infotainment features

#### REVIEW

### Smaller than a RAV4, this CUV looks like a Scion



**Dan Ilika**  
AutoGuide.com

It's hard to believe, considering the automaker practically pioneered the segment, that Toyota waited this long to introduce something smaller than its RAV4. More surprising still, the 2018 Toyota C-HR wasn't even planned as a Toyota and was supposed to hit the North American market bearing a Scion badge.

That the C-HR was initially intended to be Scion's first crossover is useful in explaining its looks, which are polarizing to say the least. The C-HR's slight exterior proportions don't, however, result in a cramped cabin. The vast majority of space has been dedicated to the passenger area. However, the C-HR comes up short in the cargo compartment, with only 538 litres of space with the rear seats upright.

Underpinning the C-HR is a variation of the architecture that is shared by the likes of the current Prius and the upcoming redesigned Camry. With plenty of torsional rigidity and a low cen-

ter of gravity, the C-HR features a taut chassis that is atypical of a crossover. Add in wheels that sit about as close to the corners as possible and actual steering feel and feedback, and the C-HR is a nimble package.

Considering how engaging and enjoyable the C-HR can be on a twisty road, the engine propelling the C-HR is an underwhelming one. Also somewhat disappointing is the crossover's official fuel economy ratings.

With only two trims available — XLE and XLE Premium — the subcompact crossover starts at \$24,690 and comes with a great suite of standard safety features, including adaptive cruise control and autonomous emergency braking. Also along for the ride is a dual-zone automatic climate control system and backup camera, and a standard seven-inch touchscreen infotainment system. Smartphone interfacing systems Apple CarPlay and Android Auto aren't included just yet. The infotainment system also lacks satellite radio, though Bluetooth audio streaming is built in. The Premium trim brings the price to \$26,290, and adds a few features, including 18-inch alloy wheels, blind spot monitoring and Smart Key with push-button start, to round out the Scion-esque trim walk.

Add it all up and the C-HR looks like a solid entry in a field that will become increasingly crowded in the coming years.

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# Volkswagen may end all punch backs

## + AUTO NEWS

### Cars learning body language

A patent application reveals that Ford is developing technology that can predict vehicle movements based on a driver's body language. In the patent application, Ford acknowledges that the first generations of autonomous vehicles need to be able to predict the motion of surrounding vehicles, even if they are human-driven. Ford is hoping the predictions are more accurate if the intentions of other drivers can be inferred with the help of information about the driver's gestures. STEPHEN ELMER/AUTOGUIDE.COM



## WHEELS ROUNDUP

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## VOLKSWAGEN

### Endangered species

With flagging sales, the fate of the Volkswagen Scirocco and Beetle has long been the topic of speculation, but now there's evidence to suggest they're in danger of extinction. The topic of a new generation of each was brought up at VW's Annual Session where Arno Antlitz, a board member for controlling and accounting, spoke about the cars' futures. "(VW product planning) is not always about continuing cars from one generation to the next," said Antlitz. Only 25,000 Beetle and Beetle Convertibles sold in 2016. Meanwhile, fewer than 11,000 Sciroccos sold last year. SEBASTIEN BELL/AUTOGUIDE.COM

ALL PHOTOS HANDOUTS

## CITROEN

### French do it best

French automaker Citroen has given us another reason to wish its cars were sold on this side of the Atlantic. Unveiled at the Shanghai Motor Show and based on the Aircross Concept, the Citroen C5 Aircross is their first vehicle that will be available as a hybrid. It goes on sale in China this fall, followed by the European market in the second half of 2018. DAN ILIK/AUTOGUIDE.COM



## TOYOTA

### Vroom vroom

The Toyota Land Cruiser now holds the official title of World's Fastest SUV. The custom 2,000-horsepower Toyota Land Cruiser made a debut in Las Vegas last year, but skeptics dismissed it as somewhat of an empty promise. Toyota put all that power from the 5.7-litre V8 engine to good use, however, and has set a record speed of 370.18 km/h. JASON SIU/AUTOGUIDE.COM



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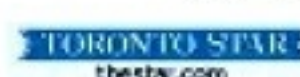


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## All crossovers are SUVs, but not all SUVs are crossovers



As a result, automakers have



**Expect crossovers to drive like a car but have the look and practicality of a larger vehicle like a truck or SUV.**

**The 2017 Honda CR-V is based on the same unibody platform as the Civic.** HANDOUT

But a new harmonization strategy means that defining a

crossover by its platform isn't necessarily accurate. Automakers have developed lightweight, modular architectures that are being used for a wide variety of vehicle types from compact hatchbacks to sedans to crossovers. The term SUV has grown colloquially to encompass all larger high-riding vehicles including crossovers, because there aren't many body-on-frame SUVs left. Naming basically comes down to marketing.

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The New Jersey Devils are on the verge of bringing back forward Ilya Kovalchuk, who spent the past four years playing in the KHL.

## Karlsson, Sens take a big bite out of the Big Apple

**2017 NHL PLAYOFFS**  
OTTAWA WINS SERIES 4-2

### Star defender puts Rangers to bed with game-winner

Captain Erik Karlsson scored and added an assist to lead the Ottawa Senators to a 4-2 win in Game 6 of their Eastern Conference semifinal on Tuesday night, eliminating the New York Rangers with a 4-2 series victory.

The Senators have reached the Eastern Conference final for the third time in franchise history, making it that deep into the playoffs in 2003 and 2007.

They now await the winner of the Penguins-Capitals semifinal. Game 7 of that series is Wednesday at the Verizon Center in Washington D.C.

Mike Hoffman, Mike Stone and Jean-Gabriel Pageau scored for the Senators, and Craig Anderson stopped 37 of 39 shots.

Mika Zibanejad and Chris Kreider scored for New York. Henrik Lundqvist made 22 saves.

For the second time in three years, the Rangers' season ended on home ice. And for the 22nd straight year, the Rangers begin their summer without a Stanley Cup to celebrate.

This might be the most painful defeat as Lundqvist turned 35



Senators defenceman Erik Karlsson, left, celebrates his goal with teammates Derick Brassard and Marc Methot on Tuesday night. BRUCE BENNETT/GETTY IMAGES

earlier this season, and there has been season-long speculation that general manager Jeff Gorton may attempt to either trade or buy out veteran defencemen Dan Girardi and Marc Staal in an attempt to get younger and free up salary cap space. According to CapFriendly.com, New York has 18 players signed to NHL contracts worth \$63.8 million, and has \$9.2 million in available

### GAME 6 In New York



cap space. The Rangers have six restricted free agents (Zibanejad, Brandon Pirri, Jesper Fast, Matt Puempel, Oscar Lindberg and Adam Clendening) and two unrestricted free agents (Tanner Glass and Brendan Smith).

Hoffman deftly redirected Karlsson's slap pass from the point 4:27 into the game to stop the Senators' series-long trend of allowing the game-opening goal.

Karlsson began the sequence which culminated with Hoffman's fourth of the playoffs by blocking a Nick Holden shot before leading the rush up-ice.

One minute and 36 seconds later, Stone's goal, his fourth of the playoffs, was challenged by New York head coach Alain Vigneault as the Rangers believed Kyle Turris was offside. A review upheld the ruling on the ice.

Zibanejad, the ex-Senator, halved the lead with a snapshot past Anderson's glove at 13:32 of the second period. The goal was Zibanejad's second of the playoffs. But for all intents and purposes, Karlsson's snapshot from the low slot at 15:53 ended the series. The goal was his second of the playoffs and his 13th point overall. It also finished a chain in which Mats Zuccarello's diving, desperate cross ice pass to Zibanejad was knocked away, leading to Karlsson's counter-attacking with Bobby Ryan.

Kreider's third of the playoffs 53 seconds into the third cut the Senators' lead to 3-2. Kreider had a chance to tie the game nearly five minutes later, but Anderson's pad save kept Ottawa in the lead. New York pressed in the third, but couldn't score the tying goal. The Rangers outshot Ottawa, 15-5, in the period and 38-26 for the game.

Pageau's empty-netter with seven seconds left in the third ended the scoring.

THE CANADIAN PRESS

### CONCUSSIONS

## Spotter opts not to pull Crosby

A week after he was knocked out of a playoff game with a concussion, Pittsburgh star Sidney Crosby slid headfirst into the boards during another tense game against the Washington Capitals.

He did not come out of Game 6 on Monday night.

Deputy commissioner Bill Daly told The Associated Press in an email Tuesday that the league's centralized concussion spotter decided the play did not meet concussion protocol criteria that require mandatory removal from play. The protocol states a player must be removed if a spotter sees symptoms in a player who takes a blow to his head or upper torso from another player's shoulder, his head hitting the ice or from a punch to the head.

Crosby slid into the boards exactly one week after he was knocked out of Game 3 by a blow the head from the Capitals' Matt Niskanen. He missed Game 4 with a concussion and returned for Game 5 on Saturday.

On Tuesday after practice, Crosby said he was checked by a doctor Monday night but did not go into concussion protocol.

"Any guy that goes into the boards like that, the first thing is the trainer and the doctors, that's how it goes," Crosby said. "What you're talking about is the difference between checking with a doctor and entering concussion protocol, they're two separate things."

THE ASSOCIATED PRESS

**+ PROTOCOL**  
The league added centralized spotters this season who have the authority to remove players if they see symptoms of a concussion, like the NFL.



Sidney Crosby  
GETTY IMAGES

### NBA PLAYOFFS

## OT win helps Spurs take control of series

Danny Green scored seven of his 16 points in overtime, and the San Antonio Spurs overcame an injury to Kawhi Leonard to beat James Harden and the Houston Rockets 110-107 in overtime on Tuesday night to take a 3-2 lead in their second-playoff series.

Leonard had 22 points and 15 rebounds in 38 minutes before exiting with an injured right ankle. Leonard stepped on Harden's foot with 5:37 left in the third quarter and then played limited minutes before sitting

### GAME 5 In San Antonio



out overtime. Harden had 33 points, 10 rebounds and 10 assists. He had a chance at a tying three-pointer in the final seconds of OT, but was blocked from behind by Manu Ginobili. THE ASSOCIATED PRESS

### IN BRIEF

#### Stars gain rights to goalie Bishop in deal with Kings

The Dallas Stars have acquired the rights to Ben Bishop from the Los Angeles Kings for a fourth-round pick in the upcoming draft.

The goaltender is slated to become an unrestricted free agent July 1.

THE ASSOCIATED PRESS



Ben Bishop  
GETTY IMAGES

### CHAMPIONS LEAGUE

## Juventus gets past Monaco into final

Dani Alves inspired Juventus to a 2-1 win over Monaco on Tuesday to send the Italian club to its second Champions League final in three years.

Alves set up Mario Mandzukic's opener in the 33rd minute and got on the score-sheet himself on the stroke of halftime with a fantastic volley as Juventus swept to a 4-1 victory on aggregate.

Real Madrid and Atletico Madrid meet on Wednesday for the other second leg match,



Dani Alves  
VALERY HACHE/AFP/GETTY IMAGES

with defending champion Real Madrid leading 3-0.

THE ASSOCIATED PRESS



MAKE IT TONIGHT

# Classic Basil and Tomato Orzo Salad



PHOTO: MAYA VISNIEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

Pack up this orzo salad for a picnic, weekday lunch or use it as a dinner side since it features the universally yummy flavors of garlic, lemon and sweet basil.

**Ready in 25 minutes**

Prep time: 15 minutes  
Cook time: 10 minutes  
Serves 4

**Ingredients**

- 2 cups cooked orzo
- 25 fresh basil leaves, various sizes
- 1 shallot, cut into quarters
- 1 clove garlic
- 3/4 cup olive oil
- zest and juice of one lemon
- 1 tsp honey

- pinch of salt
- 1 Tbsp water
- 1 cup halved cherry tomatoes
- 1 cup shaved Parmesan cheese
- 5 mint leaves, chopped

**Directions**

**1.** Cook orzo pasta according to package directions. Set aside.

**2.** Place basil leaves, shallot, garlic, oil, lemon zest and juice, honey and salt in a blender (you can also use an immersion blender) with water and give it a whiz until blended.

**3.** Mix dressing into pasta. Stir in cherry tomatoes and Parmesan. Sprinkle with fresh chopped mint.

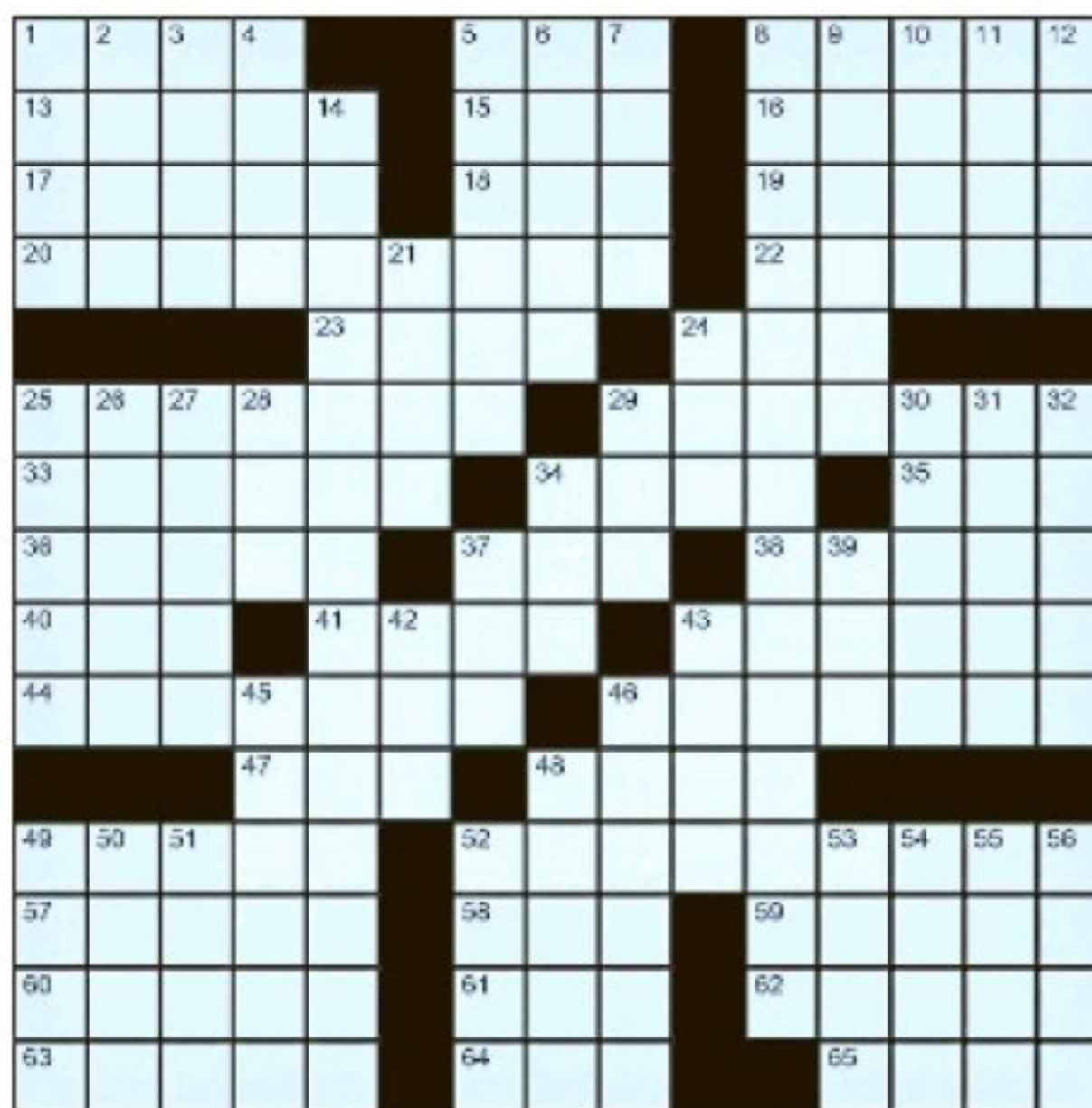
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

**ACROSS**

- Agile
- Residential bldg. unit
- Glycolic, and others
- Self-righteous
- Cat breed, Egyptian
- Still getting forty winks: 2 wds.
- Paperback's pre-amble, puny-ly
- Bird's 'bill' in Boucherville
- "Isn't \_\_\_ bit much?" (Gone overboard, no?)
- Terrifically tidy type: 2 wds.
- Ms. Skye's
- Conflicted
- Blizzard eateries, for short
- Medieval-looking entrance
- 'A Poetic Town' in Saskatchewan
- River Styx ferryman
- Clarified butter
- Prefix to 'phant' (Particular pachyderm)
- Body
- Mr. Leno
- American actor Tony
- "The \_\_\_ Couple"
- Glum
- "You \_\_\_ Well" by Rod Stewart
- Flips a property
- Bridget Jones's self-penned books
- Clammy clay
- The \_\_\_ Baltimore (Off-Broadway play of 1973)
- MC Hammer's sig-



- nature look, \_\_\_ pants
- Central Alberta village
- Outlying residential area
- Carving or ceramics
- Steal, archaically
- Overhang
- Hawaiian vol-

- cano, Mauna \_\_\_
- Brawn
- Thicker, as tissue
- Chang Bunker's equally famous twin
- Fewer

**DOWN**

- Rotate
- Hardwood floor-

- ing choice
- Oscar-winning composer Nino
- Portable dwelling of Mongolia
- Resin-like
- Ancient praise-ful hymn
- \_\_\_ a shirt in
- Vintage furnishings

- sellers: 2 wds.
- Kathie Lee, to Hoda
- Pack \_\_\_ (Cease work)
- Italian actress, Eleonora \_\_\_ (b.1858 - d.1924)
- Luxury hotel offerings

- Product in recent Canada-U.S. Trade headlines: 2 wds.
- Reddish-brown
- \_\_\_-eyed
- Thespian
- Ocean State, with Island
- Greeting \_\_\_ (Hallmark products)
- Segs. of time
- George's Beatle characteristic
- Montreal Metro station, \_\_\_-Bourassa
- E.C. Segar = \_\_\_ Crisler Segar (Popeye creator, b.1894 - d.1938)
- Irish poet W.B.
- Doonesbury cartoonist Mr. Trudeau, to pals
- Juice: French
- Swiss river
- \_\_\_-fashioned
- "I'm \_\_\_ You" by Avril Lavigne
- Come forth
- Soldier's identification: 2 wds.
- Ontario: Sarnia's lake
- "How can I \_\_\_ you?"
- Eddie's "Beverly Hills Cop" (1984) role
- 'America's Mayor' Mr. Giuliani
- Robust, \_\_\_ and hearty
- Songsmith Mr. Sedaka
- Denmark denizen
- Mark Twain story, \_\_\_ Diary
- CBC's "The National" fare

## IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Issues regarding money, cash flow and earnings might come to a head today. Likewise, discussions about an inheritance or shared property also might be difficult. Fortunately, these matters will be resolved quickly.

**Taurus** April 21 - May 21  
Today the only Full Moon that is opposite your sign all year is taking place. This will produce tension between you and partners and close friends. Have patience.

**Gemini** May 22 - June 21  
Be patient with co-workers today, because everyone can feel the energy of today's Full Moon. This makes people over-react and be too emotional.

**Cancer** June 22 - July 23  
Parents must be patient with their kids today if they want to avoid hissy fits and meltdowns. Likewise, romantic partners will have difficulty with each other. That's because this is a Full Moon day.

**Leo** July 24 - Aug. 23  
Some Full Moons are easier than others. This is not one of them. You might feel pulled between the demands of home and family versus the demands of your career.

**Virgo** Aug. 24 - Sept. 23  
Pay attention to what you say and do because this is an accident-prone day for you. An accident could be caused by your own emotional distractions.

**Libra** Sept. 24 - Oct. 23  
Keep an eye on your money and your possessions today, because something might create problems for you. This is a Full Moon day. Forewarned is forearmed.

**Scorpio** Oct. 24 - Nov. 22  
Today the only Full Moon in your sign all year is taking place. Quite likely, this will create stress between you and others. Stay chill.

**Sagittarius** Nov. 23 - Dec. 21  
You might feel unhappy about something going on behind the scenes, but you feel you cannot speak out. This means you're doing a slow boil. This feeling will be gone in 24 hours. (Whew!)

**Capricorn** Dec. 22 - Jan. 20  
Be tactful and diplomatic in order to avoid difficulties with friends and members of groups today. People are on edge because of the Full Moon energy.

**Aquarius** Jan. 21 - Feb. 19  
Avoid arguments with bosses and parents today, especially female authority figures. This is a particularly challenging Full Moon for your sign.

**Pisces** Feb. 20 - March 20  
Be wise and avoid controversial subjects today — including politics, religion and racial issues — because people are emotionally upset and overheated today. It's a Full Moon, and it's a tough one.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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# Intergenerational living at its finest

## CEDARGLEN HOMES

**With a total of six bedrooms, these homes cater to a new demographic**

**Kathy McCormick**

With the diversity of people living in Canada today, housing needs have also changed — and large families and inter-generational living have become more common.

In Calgary, the average size of households has increased, according to the latest results from the 2016 Census of Canada. It was 2.78 last year, only lower than Toronto across the country and higher than the Canadian average of 2.5.

Builders have noticed, offering homes that cater to this new demographic need. Cedarglen Homes' latest model, the Macleod, is a spacious home of 2,324 square feet and, with the lower level developed in the show home in Livingston, it packs a whopping six bedrooms.

The den on the main floor has been developed as a bedroom with the half-bath in the plan converted to a full ensuite, accessible from both the bedroom and the hallway on the other side — perfect for the mother-in-law or grandparent.

The home is open and upscale, right from the entry which has a sunken foyer. Up one step the double closet has bi-fold doors with mirror insets. From the



The Macleod dining area features a bright window, a patio door to the deck and a fireplace centred on the wall. CONTRIBUTED

tiled foyer, the home opens to the main living area where wide-plank grey engineered wood floors add elegance throughout.

The open living area has the kitchen on the left with galley-style cupboards on one side, a long rectangular island on the other and a deep walk-in pantry at the end. The cupboards are fresh and white with octagonal grey tiles as the backsplash and

leading up to the ceiling under the hood fan over the gas stove-top. The oven and microwave are built in and all appliances are stainless steel.

The adjoining dining area is bright and inviting with large windows and a patio door to the deck.

The great room includes a fireplace centred on the wall and surrounded by rough-hewn

slabs of white rock.

Upstairs, an open bonus room separates the master bedroom from the two other bedrooms. Three small square windows sit high on the outside wall — a unique feature that lets light in yet maintains privacy at the same time.

The laundry room is opposite the bonus room and it has wire shelving and a window.

The two extra bedrooms are a good size, one with a walk-in closet. The main bathroom is adjacent to these rooms and has separated the vanity with two sinks from the tub/shower combination and a toilet for added functionality.

The master at the back of the home is a generous size with room enough for a king-size bed and furniture. The ensuite has a

## + BACKGROUND

**Builder:** Cedarglen Homes  
**Area:** Livingston  
**Model:** The Macleod with developed lower level  
**Price:** The base price of the standard model (without extras such as the main-floor bedroom/ensuite and lower level development) is \$572,000 with GST.

**Hours:** Open from 2 p.m. to 8 p.m. Monday to Thursday and noon to 5 p.m. weekends and holidays

**Directions:** Take Centre Street north of Stoney Trail and follow the signs, turn right into Livingston, then left at T-intersection.

long vanity with double sinks, a soaker tub built in with tiles and an adjoining shower with decorative tiles to the ceiling on two walls and glass on the other sides. The walk-in closet is accessed from here.

Half-way down the stairs to the lower level, a door opens to the outside. At the bottom a good-size wet bar is built in and includes a counter along the outside edge for snacks on the go.

The open sitting area has another entry to the backyard and the final two bedrooms, one on each side for privacy. Another full bathroom finishes off the plan.

Livingston is the latest Brookfield Residential Properties' neighbourhood in the north central part of the city. The area is slated to be one of the most popular for new homebuyers with its proximity to services and amenities.





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# Lay back and relax in your backyard

**The backyard has become a booming business as more focus has been put on extending a home's living space outside. Furniture, lighting, planters, outdoor area rugs and cooking accessories have flooded the market, giving homeowners plenty of choices to make backyards more inviting. Here are five things that can make your outdoor space a more welcoming place to be**

**Karen Durrie**



## Play outdoors

Playing outside is one of summer's greatest pleasures when you're a kid. It's even better when you've got an awesome play structure right in your own backyard. The Big Backyard Sunview wooden play centre has plenty of play value, with swings, rock climbing, a wave slide, shaded play deck and a sandbox. The cedar structure is pre-cut, drilled and stained with child-safe resin. About \$500 at Canadian Tire.

## Fuel your summer fun

Toast your friends around a cozy fire pit on a starlit night with one of the many portable choices to be found in home and garden centres. From sleek, urban metal designs to rustic stone, fire pits come in myriad types, fueled by wood, liquid propane or natural gas. The Canyon Ridge model has a low-profile design with a granite tabletop and stainless burner. Includes lava rocks, and can be converted to natural gas. Find it at Lowes for \$599.



## Enjoy outdoor comfort

Nothing makes your outdoor space feel like a real living space than the same comforts you find indoors. Bright and weather-resistant area rugs and cushioned furniture make curling up with a book or settling in with a glass of wine feel like fresh-air luxury. Ikea has a range of colourful outdoor accessories that provide a pop of colour to your space. We like the funky geometric print of the Grenö pillow, with removable, washable cover. \$9.99 at Ikea.



## Cool down

Can you get more Canadian than sitting around having a few frosty brews outside on a hot day? Sure can — if you're storing them in a remote-control Zamboni-style cooler. It holds up to 30 cans, has built-in bluetooth speakers for tune crankage, and LED lights on the front to light the way in the dark, as well as a USB port for charging devices, and two cupholders. The cooler's remote operates music, lights and speed from a 100-foot range. \$399.95 online at hammacher.com



## Sleep in the sun

Patio furniture can make or break your outdoor living experience. Luckily there are more choices than ever, and lots of clever, comfortable pieces that can build great conversation areas or help you create the ultimate outdoor oasis. Consider an outdoor patio daybed to curl up with a book or canoodle with your boo. The Convene outdoor patio daybed comes with a canopy to shade you from the sun, and comfortable cushions in an array of colours. \$1,840 on wayfair.ca.







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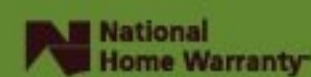


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Wool carpeting is one of the most popular eco-friendly floor coverings. ISTOCK



Raw hardwood. ISTOCK



Bamboo. ISTOCK



Cork. ISTOCK

# Step onto eco-friendly flooring

## MATERIALS

### Find a stylish, sustainable covering that fits your needs

**Karen Durrie**

You can help reduce your environmental footprint by opting for eco-friendly materials when it comes to what goes under your feet in your new home.

Floor coverings can be both sustainable and stylish using an array of materials, offer-

ing durability and longevity. And they come with a feel-good factor, knowing they were harvested or manufactured with an eye to reduced environmental impact and using non-toxic materials and finishes to ensure safe indoor air quality.

Wool carpeting and Marmoleum are among the most popular eco-friendly floor coverings out there, says James Daniels, production manager for Floor Coverings International.

"The wool is the most popular. It's a beautiful product but can get expensive. It's a natural fibre that releases stains a lot easier, too. Any dyed nylon will be harder to get stains

out, even with Stainmaster. Wool, you can just add water and get it out," Daniels says.

Marmoleum is a brand-name form of linoleum, which is made from renewable materials including linseed oil and cork fibre, and installed with solvent-free adhesives. It has asthma and allergy-friendly certification, a 30-40 year lifespan, and is fully recyclable when its days are done.

Daniels says it's easy to maintain, and great for both commercial and residential applications.

Here is a look at some of the other top eco-friendly flooring choices.

- **Raw hardwood** sanded and finished with eco-friendly stains and sealers.

"Anything pre-finished usually has varnish and it's not eco-friendly, but if you use water-based finishes after you sand your floor, that's eco-friendly," Daniels says, adding that urethane is definitely more durable than water-based, but it's not eco-friendly.

Many hardwoods are harvested through sustainable forest management. Salvaged or reclaimed wood are other good sustainable wood options.

- **Bamboo** is a renewable resource because it's a fast-growing woody grass that takes four to five years to grow to matur-

ity, and bamboo forests regenerate rapidly since roots are always left intact after harvesting.

It is naturally antimicrobial and comes in many warm finishes and styles, and manufacturers offer volatile organic compounds (VOC) and formaldehyde-free options.

- **Cork** is made from the bark of the cork oak tree, which grows in the Mediterranean.

Trees are left intact and bark is stripped, which grows back within a decade. A cork tree can live for up to 500 years.

Cork flooring comes in the form of engineered floating tiles or planks consisting of a sandwich of veneered cork and agglomerated cork, with

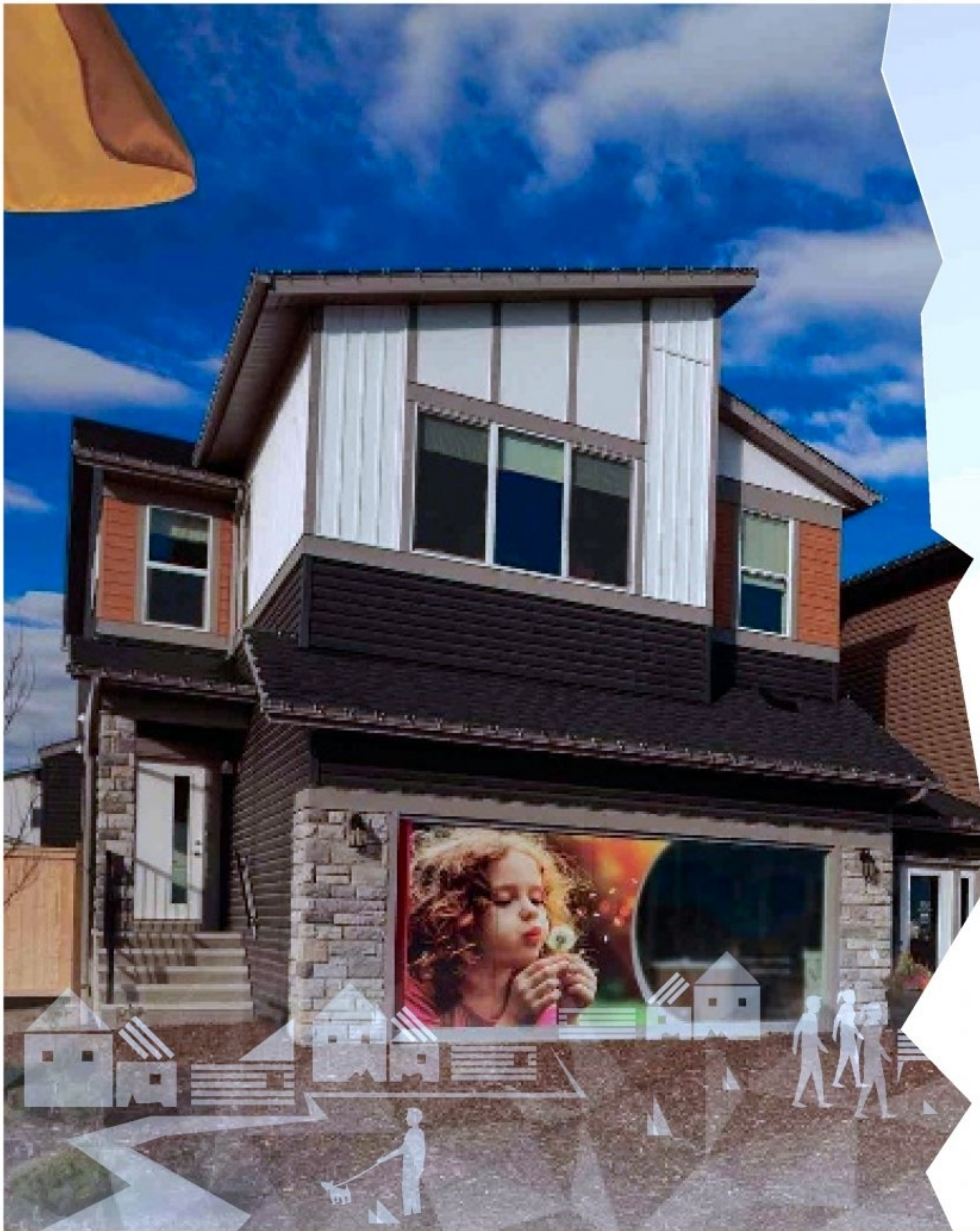
high-density fibreboard in the middle.

It's water resistant, thermally insulating, quieter, and easier on the body due to its walking comfort.

- **Finished concrete** is a great option for indoor air quality, as it is hypoallergenic and doesn't absorb dusts or harbour mold. It's also durable and low maintenance, and can be beautifully finished by staining, stamping and polishing, and can even be finished to mimic the look of wood or tile.

There are environmentally friendly finishings available for concrete, so it's possible to avoid solvent-based toxic sealants and coatings.





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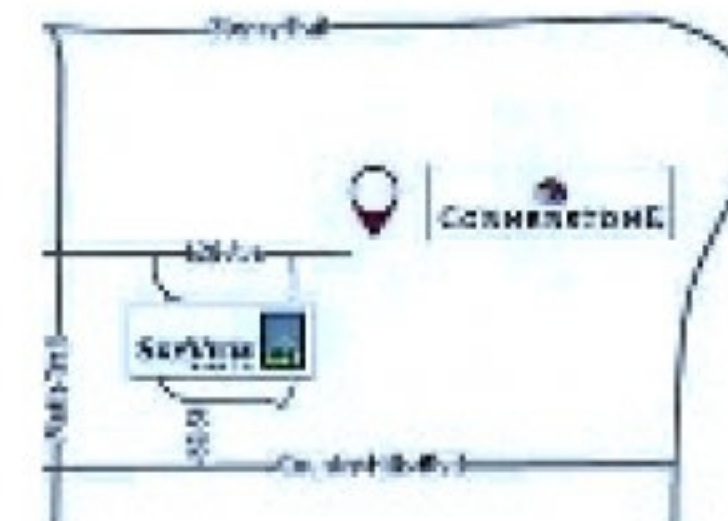
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Walton

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# Section23 is migrating north

NEST

## Land developer has opened executive townhomes in Hillhurst

Kathy McCormick

Section23 Developments, known for partnering with Hopewell Residential in southeastern communities such as Copperfield and Mahogany which are part of Section23 owner's heritage ranch, has just opened Nest, three executive townhomes in Hillhurst.

The elegant and stately homes at 426 11 St. N.W. are attached, three-storey estate homes, each with 2,239 square feet of living space with an additional 726 square feet in the developed basements.

Attention to detail is found at every turn, giving the homes appeal from the first view from the street right up to the third-floor rooftop deck that has peek-a-boo views of the downtown skyline.

The exteriors of the townhomes feature French Provincial architecture. Elegant lines create instant curb appeal that blend in with the historic neighbourhood. A recessed front entrance for each home has metal canopies over doors.

Inside, the three homes have similar features, yet subtle differences set them apart. Each has 10-foot ceilings on the main floor and nine feet throughout the remaining levels, including



The kitchens at Nest are galley-style with an extra-long and sleek island with a flush eating bar. CONTRIBUTED

the basement. The homes all have two master suites on the second floor and a third in the basement. One of the master suites has a large balcony with sliding glass doors to a balcony, bringing the outside in on every floor.

The kitchens are galley-style with an extra-long and sleek island with a flush eating bar along the outside edge and built-

in high-end appliances — Wolf, Sub-Zero and Asko. The pantry is integrated into the plan and the fridge has a wood panel to match the cabinetry.

The adjoining living room at the back of the home has wall-to-wall triple sliding doors that are full-height, allowing the extension of the living space into the outdoors — again, an important theme in the design

of the homes. The patio at the back is private and cosy.

All four and one-half baths in the homes are just as meticulously planned. The wall-hung vanities have under-cabinet lighting; the master ensuite, as well as the laundry room, have skylights. The fixtures are by European designers such as Duravit, Axor and Hansgrohe. The high, bronze-frosted glass

doors leading to the bathrooms have no need for casings to hold them in, and the glass is clear at the top to let in the light.

The floors are finished with seven-inch engineered white oak hardwood, including on the stairs.

The attention to detail is seen everywhere. Spindles under the stair railings are placed right into the hardwood for a sleeker

### + BACKGROUND

**Developer:** Section23 Developments with Monica Stevens Interior Design and built by Heritage Custom Builders

**Project:** Nest, three executive townhomes

**Area:** Hillhurst - 426 11 St. N.W.

**Price:** \$1,795,000 with GST  
**Information:** Viewing by appointment. For information, contact [mmurray@section23.com](mailto:mmurray@section23.com)

effect; three and one-half inch lacquered casings have the electrical outlets in them, rather than on the wall, to keep the outlets as unobtrusive as possible.

Each home has a large gas fire bowl to add to the outdoor ambience.

The basement and detached single garage have in-slab heating, the first and second floors have pre-wired speakers, and the basement is pre-wired for home theatre. Built-in shelving and storage and roof-mounted air conditioning are just some of the extra features.

Nest is fee simple, so no condo fees.

Section23 has worked on other developments and homes since its inception, and last year bought 50 per cent of Baywest Homes, and it has an interest in Ezra on Riley, a multi-family development now under construction in the same neighbourhood as Nest.

Nest is built by Heritage Custom Builders and was developed with Monica Stevens Interior Design.





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# Accommodating aging Calgarians

## SENIOR LIVING

### Secondary suites, laneway homes provide creative ways to age in place

Karen Durrie

It's been called the "silver tsunami" — the rising tide of seniors living in Calgary, as the city's population ages.

According to City of Calgary statistics, in 2014 there were approximately 120,000 Calgarians aged 65 or older, and that number is expected to nearly double to 225,000 by 2034.

City homebuilders and designers have begun to turn an eye to this population and are seeking ways to accommodate the needs of seniors, from built-in accessibility features that aging bodies may need — if not now, then eventually — and creative ways of allowing people to age in place.

In the master-planned new community of Livingston, Brookfield Residential is offering home plans that accommodate legal secondary suites, and has one showhome on its parade with a fully finished suite on display.

The area is zoned for secondary suites, which has allowed designers a lot of flexibility, says Devin Dyer, manager of design for Brookfield Residential.

"We made sure all plans could accommodate a side-



Senior-friendly laneway homes are a great place for parents to age, as they can be close to family who can care for them and they are designed with accessibility in mind. CONTRIBUTED

entrance door, which allows for legal suites. They can suite more easily than they could in the past," Dyer says.

Brookfield's demographic research has shown that suites are something that people living in the north part of the city want, be it for multi-generational households or the ability to generate revenue.

For senior homeowners, the benefits of a suited property are numerous. A home with a suite creates an additional level of affordability through

a paying tenant; it allows for seniors to have their own private space while having other generations in their family living right up or downstairs; and suites can also be used for caregivers to live onsite.

Dyer says there is a high demand from seniors for bungalow homes as well, and there will be a model introduced in Livingston next year.

Laneway homes are another new senior-friendly housing product.

Two Calgary architects start-

ed a design firm focusing on these backyard homes, which are small, independent dwellings built in the backyards of established homes, often facing alleyways.

Mark Erickson and Matthew Kennedy were moved to start Studio North when they moved back to Calgary after attending Dalhousie University in Halifax, where Kennedy did his master thesis on laneway housing.

"We saw how effective it is in creating another housing

typology to add to the layers of inner-city neighbourhoods. It's a nice option for people that are looking to age in place, and to have extended family living nearby," Erickson says.

Laneway homes are typically about 800 square feet, and Studio North designs have been commissioned for a variety of reasons, including the need to find a place for parents to age in place, where they can be close to family who can give them care and assistance in a home that has been designed

## 225,000

The number of Calgarians aged 65 and older is expected to nearly double to 225,000 in 2034. In 2014 there were only 120,000 Calgarians in that demographic, according to City of Calgary statistics.

with accessibility in mind.

One bungalow the pair designed has a ramp, no stairs, wider doorways, a curbless shower with a built-in shower chair and spray wand, a kitchen that is ergonomic for a wheelchair user, and features high contrast finishes such as black doorknobs on white doors, which are easily visible to people with diminished eyesight.

In some scenarios, clients may consider moving from their larger home into the laneway house, where they can still enjoy their familiar community, and rent out the main home for revenue, or the laneway houses can be rented out to help seniors subsidize their mortgages or to supplement their income.

"Most of our clients are looking for flexibility with their properties so that they have that aging-in-place scenario. Or baby boomers want to downsize in the same neighbourhood, maybe do less lawn care and they can negotiate a deal where part of a tenant's rent is helping them maintain the property," Kennedy says.





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